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[4-19 agenda](#)

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[37-67 agenda](#)

[68-85 academics](#)

[86-101 student life](#)

[102 closing](#)

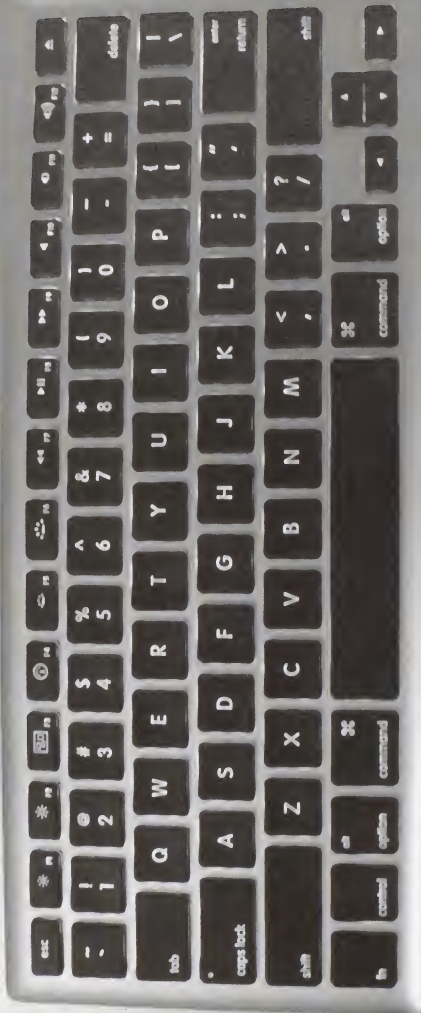
**Welcome to River
Forest**

HOME OF THE INGOTS

**For announcements, follow the link
below:**

<http://www.rfcscOpening/Nycole.James>

LOGIN



the 1990s, the number of people with a mental health problem has increased by 50% (Mental Health Foundation 1999). The prevalence of mental health problems has increased in the general population, and the incidence of mental health problems has increased in the prison population.

There is a growing awareness of the need to address the mental health needs of prisoners. The Department of Health (1999) has published a strategy for mental health services, which includes a commitment to improve the mental health of prisoners. The Department of Health (1999) has also published a strategy for mental health services, which includes a commitment to improve the mental health of prisoners. The Department of Health (1999) has also published a strategy for mental health services, which includes a commitment to improve the mental health of prisoners.

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iNgot

2010-2011 INGOT
YEARBOOK
VOLUME 51

RIVER FOREST HIGH SCHOOL
3300 INDIANA STREET
HOBART, IN 46342



Mission Statement:

To empower all students to succeed in the 21st century.

Vision Statement:

Working together to provide high expectations to each child to achieve his or her greatest potential.



Click Play

WITH A NEW SCHOOL YEAR LOADING FROM FOREST'S SENIORS ARE READY TO LIVE ANOTHER YEAR. THEY ARE TYPING THEIR RESUMES, SEARCH FOR THE COLLEGES THEY WANT TO GO TO, AND THEN SIGN-UP WITH SOME COLLEGES FROM THEIR MUCH RESPECTED SENIORS. JUNIORS ARE DELETING THE "BLOOD" FROM THEIR LIVES. SOPHOMORES HAVE ALREADY DOWNLOADED 50% OF THEIR EDUCATION AND ARE READY TO LIVE THE "BLOOD" COMPLETE. THE SENIORS ARE IN SAFE MODE, FIGHTING THE VIRUSES OF THE "BLOOD" AND THE IMMATUREITIES OF THEIR JUNIOR HIGH ONES.

1:02 / 3:00



Previous Next



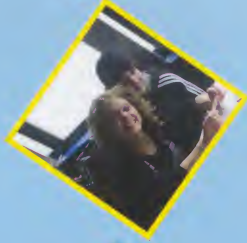


Uploading Images...

Seniors 2011

On a scale of

1 to 10





we're an 77! (:



Home

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Sign Out

Most Likely to be Famous



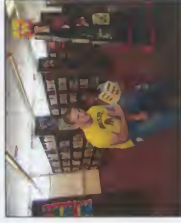
Tag: Dale Burge and
Crystal Omelas

Best Car



Tag: Alex Ayala and
Raymond Peluyera

Funniest Laugh



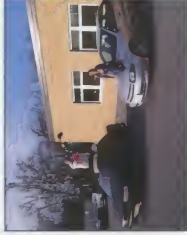
Tag: Richard Pennington and
Anel Garza

Best Driver



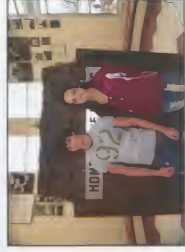
Tag: Jonathan Hazelton and
Ashley Bryant

Worst Car



Tag: Mike Manning and
Havley Plesyk

Best Hair



Tag: Randy Carver and
Jessica Perez

Class Flirt



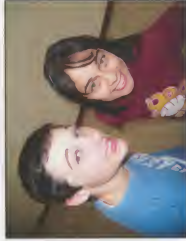
Tag: [Michael Hough](#) and
[Anna Dema](#)

Worst Driver



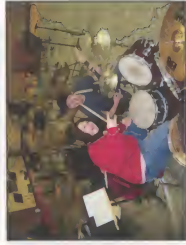
Tag: [Fred James](#) and [Jamie Bellar](#)

Best Eyes



Tag: [Skyler Hansen](#) and
[Vivian Nunez](#)

Musically Talented



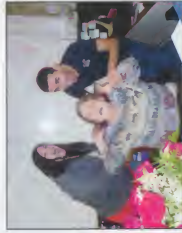
Tag: [Brett Welch](#) and
[Kavela Brewer](#)

Most Artistic



Tag: [Joseph Puskac](#) and
[Stephanie Szparaga](#)

Loudest



Tag: [Jesus Soria](#) and
[Brittany Long](#)

Class Couple



Tag: [Nico Petri](#) and
[Dianna Haynes](#)

Best Dressed



Tag: [Carlos Ramos](#) and
[Alex Ayala](#)

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Clumsiest



Tag: [Zach Blackwell](#) and
[Jamie Bellar](#)

Most Likely to Succeed



Tag: [Michael Hough](#) and
[Britnie Dotson](#)

Class Clown



Tag: [Dylan McPhee](#) and
[Katie Buehler](#)

Quietest



Tag: [Justin Gibbons](#) and
[Dianna Haynes](#)

Best Smile



Tag: [Randy Carver](#) and
[Veronica Collazo](#)

Most Photogenic



Tag: [Kelvin Jaime](#) and [Kayla Clark](#)

Computer Junky



Tag: Carlos Ramos and
Meghan Davis

Laziest



Tag: Robert Martin and
Heather Watson

Teacher's Pet



Tag: Tyler Hanson and
Kayla Brewer

Most Sarcastic



Tag: Matias Bach and
Meghan Davis

Most Likely to Travel



Tag: Jesus Soria and
Abby Anderson

Most Spirited



Tag: Tyler Hanson and
Veronica Collazo

Most Athletic



Tag: Richard Pennington
and Katie Buehler

Most Silly Bands



Tag: Hayley Plesyk



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Michael Hough
ValedictorianBrett Welch
Salutatorian

Search

Top Ten of
2011Meghan
Davis
ThirdBrittne
Dossan
FourthStephanie
Sapatanga
FifthBrittany
Long
SixthKatie
Buehler
SixthAbby
Anderson
EighthDianna
Haynes
EighthAriel
Charza
Tenth

Event: Graduation
When: June 4, 2011
Time: 10 a.m.
Where: River Forest High School Gymnasium

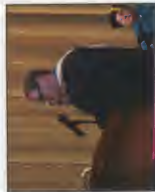
R.S.V.P.

ATTENDING NOT ATTENDING MAYBE



Graduation

This year's graduation was held in the River Forest High School Bill Logan Gymnasium Saturday, June 4, 2011 at 10 o'clock in the morning. The guest speaker, **Richard Arnold**, spoke about "The Three F's", which are family, friends, and faith. He said that all of the graduates of this year's class wouldn't have gotten this far without their friends, family and faith in themselves. Mr. Arnold told them not to bail out on their families now, even sharing a link about himself and family. He talked about how he first felt about River Forest, and how he feels like family here, and that every student is lucky to attend this school. This year's valedictorian, **Michael Hough**, gave a speech about how he will never forget any of his graduating classmates and his hopes that they accomplish all they wish to in their lifetimes. This year's graduates were all ready to click on the link to the rest of their lives, although they will miss the staff and fellow pupils of River Forest. In the years to come, the senior class will prove that they have taken their class motto, "Do not go where the path may lead, go instead where there is no path and leave a trail" into serious consideration. Of the many tears cried, they were **tearful, not of tears**. This year's graduating class walked out of River Forest, diplomas in hand, ready to start the next chapter in their lives... :)





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Chris Ables
French Club 2,3,4
Basketball 1,2
Freshmen Mentor 4
Spell Bowl 4
Academic Super Bowl 4
Decathlon 4
Newspaper 3



Abby Anderson
Honor Society 2,3,4
Freshmen Mentor 4
Spell Bowl 1,2
Academic Super Bowl 1,2,3,4
Decathlon 1,2,3,4
Softball 1,2,3,4
Volleyball 1,2,3,4
Basketball 1,2
Student Council 1



Ighitar Areyed



Alex Avall
French Club 1,2
Yearbook 3
Tennis 1,2,3,4
Freshmen Mentor 4
Student Council 3,4
Basketball 1,2,3,4
Newspaper 4



Tania Azizah



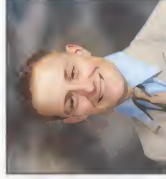
Mallas Bach
Freshmen Mentor 4
Choir 1,2,3,4
Drama 1,2,3,4
Basketball 1
Football 1,2,3,4
Show Choir 2



Brandon Baughman



Jamie Bellar
Bowling 3,4
Yearbook 4
Tennis 2,3,4
Freshmen Mentor 4
Spell Bowl 4
Academic Super Bowl 1,4
Choir 1,2,3,4
Decathlon 1,4
Softball 1
Spanish Club 2,4
Student Council 4
Class Officer 1,2,4




Zachery Blackwell
Freshmen Mentor 4
Basketball 1,2

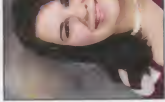


Online

Melissa Bravo
 Freshman Mentor 4
 Cheerleading 4
 Volleyball 1,2,3,4



Ashley Bryant
 Freshmen Mentor 4
 Academic Super Bowl 4
 Softball 1,2,3,4
 Cheerleading 3
 Volleyball 1,4
 Spanish Club 2



Karieth Brewer
 Class of 2011



Lena Burgenmeister
 Class of 2011




Randy Carver
 Basketball 1
 Baseball 1,2,3,4



Simone Cupido
 Class of 2011



Katie Buehler
 Honor Society
 Freshman Mentor 4
 Spell Bowl 1
 Academic Super Bowl 1
 Choir 2
 Decathlon 1
 Softball 1,2,3,4
 Volleyball 1,2,3,4
 Spanish Club 2
 Basketball 1,2,3,4
 Student Council 1,2,3,4
 Homecoming Court 1,2,3,4



Edvin Burgo
 Class of 2011



Matthew Cano
 Drama 3
 Track 2,3



Veronica Collazo
 Freshmen Mentor 4
 Softball 1,2,3
 Volleyball 1,4
 Spanish Club 2
 Basketball 1,2,3,4
 Student Council 4
 Class Officer 4



Beth Clark
 Choir 2,3,4
 Show Choir 3



Beth Clark
 Choir 2,3,4
 Show Choir 3



Veronica Collazo
 Freshmen Mentor 4
 Softball 1,2,3
 Volleyball 1,4
 Spanish Club 2
 Basketball 1,2,3,4
 Student Council 4
 Class Officer 4



Edvin Burgo
 Class of 2011



Matthew Cano
 Drama 3
 Track 2,3



Veronica Collazo
 Freshmen Mentor 4
 Softball 1,2,3
 Volleyball 1,4
 Spanish Club 2
 Basketball 1,2,3,4
 Student Council 4
 Class Officer 4



Beth Clark
 Choir 2,3,4
 Show Choir 3



Beth Clark
 Choir 2,3,4
 Show Choir 3




Veronica Collazo
 Freshmen Mentor 4
 Softball 1,2,3
 Volleyball 1,4
 Spanish Club 2
 Basketball 1,2,3,4
 Student Council 4
 Class Officer 4



Edvin Burgo
 Class of 2011



Matthew Cano
 Drama 3
 Track 2,3



Veronica Collazo
 Freshmen Mentor 4
 Softball 1,2,3
 Volleyball 1,4
 Spanish Club 2
 Basketball 1,2,3,4
 Student Council 4
 Class Officer 4



Beth Clark
 Choir 2,3,4
 Show Choir 3



Beth Clark
 Choir 2,3,4
 Show Choir 3



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Meghan Davis
French Club 1, 2
Honor Society 1, 2, 3, 4
Jazz Band 1, 2
Tennis 1, 2, 3
Freshmen Mentor 4
Volleyball 1, 2, 3, 4
Student Council 4



Adriana Dema
Choir 1, 2, 3, 4
Sorboli 1, 2, 3, 4
Volleyball 1, 2, 3



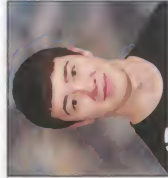
Emilio Domineuz
Class of 2011



Anthony Doss



Britnie Dotson
Honor Society 4
Spell Bowl 4
Academic Super Bowl 4
Decathlon 4
Volleyball 1, 4



Robert Dixon
Bowling 1, 2, 3, 4
Baseball 1, 4
Golf 2, 3



Emil Erdogan



Ashley Espinoza
Track 3, 4



April Evanskauskas
Choir 1, 2, 3, 4



Amanda Flud
French Club 2
Drama 2



Ariel Garza
Class of 2011



Justin Gibbons
Class of 2011



Melissa Godines
Cheerleading 2, 3, 4
Track 2



Andrew Gonzales
Class of 2011



Natalia Guad
Class of 2011



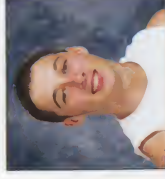
Scott Guer
Tennis 1, 2, 3, 4
Freshmen Mentor 4
Choir 4
Basketball 1, 2, 4
Skiing 2, 3, 4
Homecoming Court 1, 4



Juan Gutierrez
Band 1, 2, 3, 4
Choir 4
Newspaper 4



Ali Hamid
Class of 2011



Skivler Hansen
Freshmen Mentor 4
Football 3, 4
Wrestling 3, 4



Tyler Hansen
Freshmen Mentor 4
Academic Super
Bowl 1, 2, 3, 4
Choir 4
Debate 1, 2, 3, 4
Spanish Club 1, 2
Student Council 1, 2
Football 1, 2, 3, 4
Wrestling 1, 2, 3, 4



Dianna Haynes
Honor Society 2, 3, 4
Bowling 3, 4
Basketball 1, 2, 3, 4
Tennis 1, 2, 3, 4
Freshmen Mentor 4
Spell Bowl 4
Academic Super Bowl 4
Choir 1, 2, 3, 4
Debate 1, 2, 3, 4
Spanish Club 2, 3
Student Council 2, 3, 4
Newspaper 4

Graduation 2011

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Jonathan Hazelton
French Club 1,2,3,4
Band 1,2,3,4
Sports 1,2,3,4
Freshman Mentor 4



Class of 2011
Clara Hentz



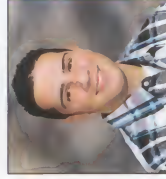
Class of 2011
Miguel Herrera



Michael Hough
French Club 1,2,3,4
Honor Society 2,3,4
Band 1,2,3,4
Freshman Mentor 4
Sports 1,2,3,4
Academic Super
Bowl 1,2,3,4
Decathlon 1,2,3,4
Baseball 1,2,3,4
Football 1,2,3,4
Wrestling 1,2,3,4



Class of 2011
Chiorunisa Humairo



Class of 2011
Kelvin Jaime
Honor Society 2,3,4
Band 1,2,3,4
Freshmen Mentor 4
Basketball 3



Fred James
Band 1
Track 2
Baseball 1
Football 1,2,3,4
Wrestling 1,2



Class of 2011
Ashlan Javid



Class of 2011
Jarman Jones
Homecoming Court 1



Princessa Kalintong
Class of 2011



Nicol McDonald
Class of 2011



Alina Kochenkov
Class of 2011



Edin Leon
Varsity 3
Choir 4
Newspaper 4



Suttikarn Lengha
Class of 2011



Brittany Long
Honor Society 2,3,4
Bowling 4
Freshmen Mentor 4
Academic Super Bowl 3,4
Academic Bowl 3,4
Softball 1,2,3,4
Cheerleading 3
Spanish Club 2
Student Council 4



Ernesto Lopez
Class of 2011



Joel Lopez
Choir 3,4
Varsity 3,4
Show Choir 3,4



Michael Manning
Varsity 1,2,3,4
Wrestling 1,2,3,4
JROTC 1



Alma Martinez
French Club 1,2,3
Freshmen Mentor 4
Academic Super Bowl 3,4



Guillermo Franco
French Club 4
Football 3,4
Wrestling 4



Robert Martin
Class of 2011



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Sign Out



Stephanie Mason
Freshmen Mentor: 4
Spanish Club: 2



Serzh Matyehuk



Dylan McPhee
Tennis: 1,3
Freshmen Mentor: 4
Track: 1,2,3,4
Basketball: 1,2,3,4
Football: 4
Cross Country: 1,3,4



Benjamin Medina
Band: 1
Freshmen Mentor: 4
Spanish Club: 2,3
Basketball: 1,2,3,4
Homecoming Court: 2,4



Chelsea Monti
Choir: 1,2,3,4



Ashley Moss
Freshmen Mentor: 4
Choir: 1
Volleyball: 1



Holly Mull
Choir: 1,2,3,4



Jamie Norman



Vivian Nunez
Tennis: 1,2,3,4
Freshmen Mentor: 4
Cheerleading: 4
Volleyball: 1,2,4
Homecoming Court: 4

Online



Gabriela Olivero



Kristin Oliver
Choir: 4



Crystal Onellas
Freshmen Mentor: 2,3
Softball: 1,2,3
Basketball: 1,2,3



Raymon Paluyera
Basketball: 1,2
Football: 1,2



Richard Pennington
Basketball: 2,3,4
Baseball: 1
Student Council: 4
Football: 1,2,3,4
Wrestling: 2,3,4



Jessica Perez
Freshmen Mentor: 4
Softball: 2,4
Volleyball: 1
Spanish Club: 2
Basketball: 1,2,3,4
Homecoming Court: 4



Nicholas Petri
Freshmen Mentor: 4
Spell Bowl: 4
Academic Super Bowl: 4
Decathlon: 4
Baseball: 1
Student Council: 4



Jacquelynn Pekarshi
Tennis: 2
Freshmen Mentor: 4
Softball: 1,3
Basketball: 1,2,3



Zachary Perrella



Hayley Pleskyk
Yearbook: 4
Freshmen Mentor: 4
Choir: 1,2,3
Reading: 2,3,4
Chess: 2,3,4
Cheerleading: 2,3
Volleyball: 4
Spanish Club: 2
Student Council: 3



Joseph Puakac



Gory Rahmatika

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Carlos Ramo
Band 1,2,3,4
Freshmen Mentor 4
Basketball 1,2
Golf 3,4
Homecoming Court 3,4



Class of 2011
Kristopher Raymond



Mary Salinas
Freshmen Mentor 4
Volleyball 1
Spanish Club 2
Basketball 1,2,3,4
Cross Country 2,3,4
Homecoming Court 2,3,4
Auxiliary 3



Giovanny Sanchez
French Club 2,4
Freshmen Mentor 4
Spanish Club 2
Track 3,4



Susan Seber
Volleyball 1
Spanish Club 2



Cheryl Stomczewski
French Club 2
Band 1,2
Bowling 4
Drama 2,4
Spanish Club 2



Class of 2011
Anthony Smith



Class of 2011
Scott Smolen



Jesus Soria
French Club 2
Student Council 1,2,3,4
Volleyball 1,2,3

Online!



Milton Soto

Class of 2011



Charles Suttko

Class of 2011



Jacob Swartz

Class of 2011



Stephanie Szorag
French Club 2
Freshmen Mentor 4
Drama 2, 3, 4
Spanish Club 3

Class of 2011



Mario Termini

Wrestling 4

Class of 2011



Marshall Verpe

Class of 2011



Dalton Vernon
French Club 2
Band 1
Choir 2, 3, 4
Track 2
Track 2

Class of 2011



Heather Watson
Spell Bowl 1, 3, 4
3rd Annual Super Bowl
1, 3, 4
Choir 1, 2, 4
Decathlon 1, 3, 4
Softball 1
Cheerleading 2, 3
Spanish Club 1, 2, 3, 4
Student Council 1, 2, 3, 4
Homecoming Court 2

Class of 2011



Brett Welch
French Club 1, 2, 3, 4
Honors Society 2, 3, 4
Band 1, 2, 3, 4
Freshmen Mentor 4
Drama 1, 2, 3, 4

Class of 2011



Alia Yermek
Tennis 4
Decathlon 4

Class of 2011



Judon Yanz
Freshmen Mentor 4
Track 2, 3, 4
Baseball 1
Football 3, 4
Wrestling 1, 2, 3, 4

Class of 2011



Alia Yermek
Tennis 4
Decathlon 4

Class of 2011



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Chase Young
Freshmen Mentor: 4
Basketball: 2,3,4
Baseball: 2,3,4
Football: 2,3,4
Homescoming Court: 1



Marissa Young
Tennis: 1,2
Freshmen Mentor: 4



Serena Zambrana
Yearbook: 3
Freshmen Mentor: 4
Spanish Club: 2
Newspaper: 4

Online!

REFACES

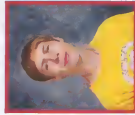
Student Body

Search

Surprise me!

Freshmen

Alexander Ballesteros
Cody Bates
Jacob Baughman
Eric Bayer
Michelle Beal
Caylyn Bellar
Destiny Bennett



Zachary Bianco
Daniel Bobczyk
Richard Bray
Dylan Brock
Alondra Cardenas
Jesus Carrillo
Destiny Carter



Jacqueline Castro
Alejandro Chavez
Tasha Christian
Amanda Cobb
Aurora Conry
Kelly Daulton
Tyler Davis



Franklin Delbrey
Kira Dilley
Latisha Downs
Tanya Embry
Mark Espinosa
Leslie Esquivel
Amanda Evanovich





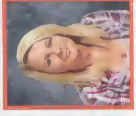
Bryan Fleming
Eugene Flores
Carolyn Fontanez
Gregory Fulkerson
Ryan Gallagher
Jason Guel
Justin Halcomb



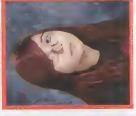
Paul Hanna
Kaitlyn Harper
Christopher Hernandez
Gabrielle Howell
Zachariah Hurley
Lidia Igarua
Austyn James



Lynelle King
Brandon Laas
Damaris Laiffa
Christopher Lauderback
Andrew Law
Alisha Lewis
Allen Long



Mark Long
Alejandra Lopez
Ariana Luchene
Victor Macias
Brianna Mackie
Madalynn Malik
Anayeli Martinez



Pablo Martinez
Jacob Miller
Johnny Mims
Andrew Mitol
Andrew Monahan
Bunfilio Montez



Angelica Morales
Corie Morales
Jason Morgan
Charles Mosier
Kimberly Mull
Danisha Murray



Omar Nunez
Daniel Ochoa
Alicia Ogden
Ashley Ogden
Steven Owen
Candace Pick



Matthew Pinales
Nancy Ponce
Jonathan Racine
Caridad Ramos
Kenna Raymond
Isaac Rentas



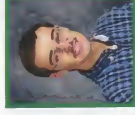
Carlos Richard
Lauren Rothbauer
Mariah Sala
Deanna Sanchez
Gustavo Sanchez
Patricia Schlitz



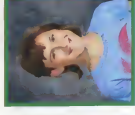
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Katelyn Seeba
Ashley Series
Jessica Serrano
Breann Smith
Cashmer Smith



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Jessica Sonntag
Rachel Sosa
Richard Speed
Brandon Sternalhal
Daniel Stevens



Brittany Swartz
Sonyadae Swisher
Tyler Thompson
Marissa Tompkins
Hannah Vargas
Johnathan Verdugos



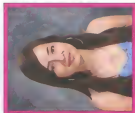
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Chance Young
Gregory Zelmer



Sophomores

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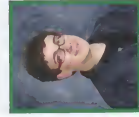
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Candice Bohezyk



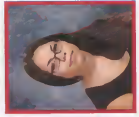
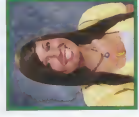
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Tatyana Cavada



Cassandra Cervantes
Thomas Choate
Kia Chrispell
Aaron Creager
Michelle Davis
Tommie Dennie



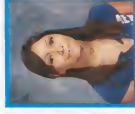
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Julia Espinoza
Esther Evans
Naomi Evans
Ryan Fontanez



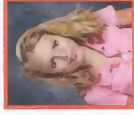
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Lindsey Gaffner
Halley Gallagher
Heidy Gallegos
Consasha Garcia



Gabriella Gonzalez
 Ericka Grafion
 Orlando Guerra
 Jasmine Guess
 Tachina Harris
 Jeffrey Haslett



Darian Howell
 Nycole James
 Claudia Jimenez
 Demetria Jorden
 Brianna Kennedy
 Belinda King



Bradley Knotts
 Katelyn Kroledge
 Jamie Layton
 James Lewis
 Alan Little
 Emily Long



Deidra Marra
 Fabiola Martinez
 Jordan McClelland
 Kelly McGowin
 Brian Mikulaj
 Milagro Miranda



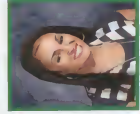
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 Robert Norman
 Michael Nunn
 Samantha O'danovich
 Linda Olino



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 Justin Pennington
 Olymary Perez
 William Perez
 Joseph Ramirez



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 Heather Rios
 Israel Rodriguez
 Juan Rodriguez
 Yesenia Rodriguez
 Michael Rosario



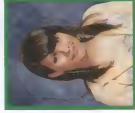
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 Samantha Schmidt
 Dalton Sluder
 Mariab Sluder
 Dominique Smith
 Kayla Smith



Deise Soria
Taylor Slack
Jonathan Swartz
Jacquelyn Swisher
Jessica Vargas
Shante Vazquez



Priscilla Villarreal
Justin Warren
Dariana Washington
Marcus West



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Juniors

Aracely Arguelles
Daisy Arguelles
Briseida Avalos
Jonathan Ballestas
Jazmin Barnett
Ryan Bisping

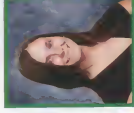
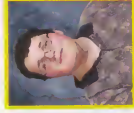




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A.J. Carlson
Jamie Cervantes
Mariela Chavez



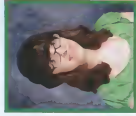
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Cody Clark
Jacob Diaz
Ramon Diaz
Juanita Dominguez
Brandon Dohager



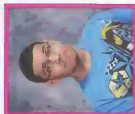
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Anthony Gonzalez
Bianca Gonzalez
Alan Goodyear
Sady Gould
Tiffany Helfner



Felicia Hunter
Ryne Hunter
Bryanna Kaehler
Jonathan Kallok
Jamesha Lewis
Michael Maldonado



Antonio Martinez
Benjamin Martinez
SueAnn Mason
Kenneth McKay
Jajuan McKee
Carlos Medellin

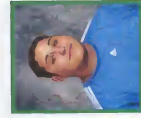


Tiffany Medina
Sara Medrano
Timothy Mendez
Catalina Miranda
Paris Moore
Hayley Morris



Dexter Nalls
Timothy Obermeyer
Iris Olmo
Kristin Passon
Richard Poe
John Pomaes

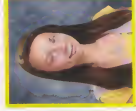
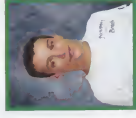




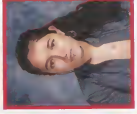
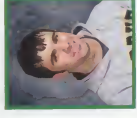
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Joel Ramos
Terrance Rayner
Jacklynn Rice
Gisselle Sanchez
Veronica Sanchez



Jessica Serrano
Destiny Shepherd
Jose Sinaloa
Austin Smith
Matthew Smith
Cathy Smolen



Dylan Smotek
Heather Sonntag
Marisa Sotelo
Robert Soto
Desiree Swartz
Timothy Szparaga



Jason Temple
Carlos Yanez
Danielle Young

Staff

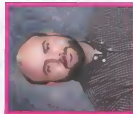
iSearch

Heather Barkauskas
Ricky Baron
Jeff Bean
Donna Briggs
Denneese Concepcion
Darren Day

Erica Devoe
Robin Dials
Anthony Duron
Maria Escoto
Ellen Fay
Luann Forstie

Barb Grassl
Jason Green
Keith Hyden
Lauren Johnson
Tara Kingston
Lauren Knust

Gloria Komosa
Molly Krodell
Michelle Kuehneler
Angie Martinez
Patricia Mastiej
Sandra Mihalik





Elizabeth Miranda
Jeremy Moore
Paul Murray
Jason Quigg
Kristina Ralston
Betty King



Gale Robertson
Austen Robison
Betsy Shadley
Michael Slys
Patty Sparks
Danielle Stobie



Roy Summerville
Jessica Sutton
Mark Wade
Jim Weitzel
Matt Wendell
Brian Wesley



Kirk Whiting
Tanny Young
Ira Zimmer

A vibrant collage of sports photographs featuring students in various athletic activities. The photos are arranged in a circular pattern around the word "Sports", which is written in a large, stylized, pink font. The images include students playing basketball, volleyball, soccer, and track, as well as group photos of teams and individuals in action. The background is a solid, bright pink color.

REFSN: THE SCHOOL-WIDE LEADER IN SPORTS

Golfing Gadgets :)

Coach [Jason Quiag](#) has now downloaded a full decade worth of golf coaching for River Forest. This year, he was able to add more wins to his record. Of course, Coach Quiag could not have done it without his eight golfers. The returning golfers senior [Scott Guel](#), junior [Brian Brees](#) and senior [Carlos Ramos](#), along with newly uploaded members junior [Brandon Dolhaber](#), freshmen [Mark and Allen Long](#), senior [Andrew Gonzalez](#) and sophomore [Jason Guel](#) all practiced hard and were open to new approaches on the green in order to get better every week, as stated by coach Quiag. This season, the Mental Attitude Award went to everyone on the golf team. Coach Quiag mentioned that mental toughness, staying focused, short memories, getting over bad shots and holes and enjoying the competition is what stood out and made his golfers an all-around great team. :)

Scott Guel was chosen as Senior Spotlight this year for golf. This was his fourth year golfing for River Forest. Coach Quigg chose Scott for this award because he is an "amazingly dedicated golfer." Scott was in his fourth year of golf. Last year he made it to regionals. This was a feat no RF golfer had done in nearly 20 years.



Row 1: Jason Guel, Brandon Dominguez, Coach Jim Quigg, Scott Guel, Mark Long; row 2: Andrew Gonzalez, Brian Bresler, Carlos Ramos and Allen Long.



EXPERT'S EXCERPTS

Senior Tyler Hanson receives Mental Attitude Award.

Senior Chase Young receives Most Improved Award.

Senior Richard Pennington was Mr. Football.

Senior Richard Pennington received the Most Valuable Player Award.

Mr. Jeff Bean gives words of wisdom
in this edition of Expert's Excerpts.



Coach Jeff Bean's favorite part of the season was the Lake Station game when they were down in the 4th quarter, but then they came back and dominated. His favorite part of coaching was molding athletes with goals and giving life lessons. "Don't count the days, make the days count," said Bean.

The River Forest Football Team uploaded into a successful beginning season. Fighting the Lew Wallace, Eau Claire and Lake Station viruses, the team started off with an undefeated record. When asked what his thoughts were on the start of this season, head Coach [Jeff Bean](#) said, "It has been rewarding because it shows the players put effort into the off season, and practice is paying off." Coach [Bean](#) has been coaching a total of 16 years, five as the head coach at River Forest. With the help of varsity assistants [John Thomas](#),

Rich Pennington, Jason Wolfe and Brian Wesley, the coaches strive to make the team stronger not only physically, but also mentally. "This sport is emotionally challenging. The team needs to have their hearts in the game," said Coach Bean. Their goal at the beginning of the season was to go .500 or better and become more competitive throughout the season. Their 2010 season ended with a 3-7 record. Next year's goals for the team are to be competitive in every game and to put together a team that promotes a winning season.



EXPERT, EXCERPTS

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PRESENT: THE SCHOOL-WIDE LEADER IN SPORTS

Headlines

Senior [Abby Anderson](#) and junior [Desiree Swartz](#) were the 2010 volleyball MVPs.

Senior [Ariel Garza](#) received the Most Improved Award.

Senior [Meghan Davis](#) was awarded the Mental Attitude Award.

Mrs. Patty Sparks gives words of wisdom in this edition of Expert's Excerpts.

EXPERT'S EXCERPTS



Name: Patty Sparks
Hometown: Highland, IN
College: Purdue University
Calumet
Favorite Team: Chicago Bears

"Every season is like a roller coaster," said Coach [Patty Sparks](#). Mrs. Sparks had been coaching Ingot Volleyball for the past three years. She was assistant coach for one year and head coach for two years. She loved spending time with the girls off the court.

TeamSparks.net

Just like every other sport, the volleyball team had their ups and downs during the season. The Lady Ingots started off strong and their record overall was 11- 13. Some key players of the season were senior [Abby Anderson](#) on defense and junior [Desiree Swartz](#) as the setter. "Juniors [Paris Moore](#) and [Sara Fleming](#) also put forth a lot of effort in order to keep the team alive," said Coach [Sparks](#). "One of the toughest games that we had this season was against Boone Grove," said [Desiree](#). The game was very intense, but the Lady Ingots gave their best effort in the game. They defeated Boone Grove in five games. The volleyball team also hosted the First Annual Dig Pink Event to honor the Breast Cancer survivors, the ones that are still battling the disease and those that lost their battle to the disease. For the special event, the girls had pink uniform shirts and some even dyed their hair pink for the cause. To close their season, the Lady Ingots played against the Wheeler Bearcats in sectionals. They fell short and unfortunately lost to the Bearcats.



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RESPECT THE SCHOOL-WIDE LEADER IN SPORTS

Headlines

Anthony Gonzalez received Most Valuable Player.

Brian Avalos downloaded the Most Improved.

Brian Brees was chosen for the Mental Attitude award.

Mrs. Cynthia Gil gives words of wisdom in this edition of Expert's Excerpts.

EXPERT'S EXCERPTS



Name: Cynthia Gil
Hometown: East Chicago, IN
College: Purdue University
Favorite Team: Chicago Bears

This was Coach Cynthia Gil's first year coaching boys tennis. She was also the girls tennis coach for two years now. She has been playing tennis since a young girl and still plays today. When on the courts her advice to her team is: "Turn your body and follow through."

The Technical Tennis Team

The 2010 boys tennis season was a turbulent one to say the least according to coach Cynthia Gil. With coach Gil taking over for Coach Rodney Thompson and with there being such a limited number of players, this was a challenging first season. The boys record was 13-2. Senior Scott Guel lead the team, playing number one singles, which was a huge switch from his doubles spot last year. Senior Jon Hazelton and junior Brian Brees also played a huge part in the team taking over the other two singles positions. Sophomore Brian Avalos, being a first year team member, stepped up and filled a huge spot as junior Anthony Gonzalez's number two doubles partner. Though all of these hardships the boys kept up their spirits. They played their hearts out and left it all on the courts. Scott said, "This year's team was different from any years that I have played." The boys were the sectional champions in the end, beating Lake Station. They lost in regionals and ended their season.



SENIOR CENTER JONATHAN HAZELTON

This year's Senior Spotlight boys tennis goes to **Jonathan Hazelton**. Jon has been playing tennis for three years now and plans on continuing to play in college. Jon's biggest strength on the court was his speed. His most memorable moment of the season was when he went into a tie-breaker during the Wheeler game for match point. Over the time that Jon has been playing tennis, his biggest improvement has been his ability to keep the ball in play.



ACTION R E F A



Sophomore **Michael Ball** is waiting to return the ball to his opponents. This was Michael's first year playing varsity tennis.



Senior **Jonathan Hazelton** slams the ball to win the match point. "Jon was a major asset to the team this year," said coach **Cydon Gil**.



Senior **Stephen Wheeler** prepares to backhand the ball to his Wheeler opponent. He was number one singles player throughout this year.



Row 1: Brian Brees, Josh Davis, Cydon Gil, Anthony Gonzalez, Row 2: Matt Breen, Brian Hazelton, Matt Breen

UP AND COMING UNDER BRIAN BREES

This year's up and coming only classman for boys tennis was given to junior **Brian Brees**. Brees has been playing tennis since his Freshman year of high school. One of the most memorable parts of the season for him was winning sectionals. His biggest strength is definitely his ability to keep the ball in play. When asked about the season, Brees said, "It was a challenging, difficult and an exciting season. Through all of the ups and downs, it was still a great season." He plans on playing next year as a senior and getting his second year letter.



RESNÉ: THE SCHOOL-WIDE LEADER IN SPORTS

Headlines

Seniors [Katie Buehler](#) and [Mary Salinas](#) share the MVP Award as well as Miss Basketball honors.

Senior [Jessica Perez](#) is awarded the Most Improved and Mental Attitude awards and was named to the GSSC 1st Team with fellow senior [Katie Buehler](#).

Senior **Katie Buehler** scores 1,048 points in her High School career.

Mrs. Courtney Quigg discusses her Cardinal and Gold colored past in this edition of Expert's Excerpts.

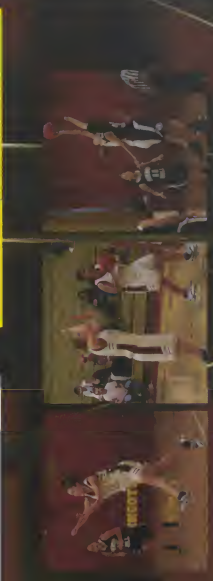


Name: Courtney Quigg
Hometown: Hobart, IN
College: Trinity Christian
Favorite Team: Chicago Cubs

The Lady Ingots were lead by former Lady Ingot herself Mrs. Courtney Quigg. A graduate in 2001, she was a former guard and holds the school record for 3-pointers in one game with seven. When Mrs. Quigg is not coaching, she prefers to spend time with her son Caden.

Seniors Hack Team, Take Over Control

Four seniors, [Jessica Perez](#), [Katie Buehler](#), [Mary Salinas](#) and [Veronica Collazo](#) took the reign of the team this year and led the ladies to a winning record, along with the assistance of sophomore [Kayla Smith](#) and foreign exchange senior [Cadja Erdogan](#). The Lady Ingots compiled wins including victories against five of the seven Greater South Shore Conference competitors. One of these wins came against the Wheeler Bearcats in a 44-39 stunner. Proud of her team's winning record, Coach [Quigg](#) is tired of settling for a winning season, stating that "Having a winning season is the standard, winning the sectional was the big goal." One of the reasons for the loss to Wheeler in the sectional semi-final and other opponents would be their "lack of numbers". Most games she played only six or seven girls because of junior varsity considerations. Next year Coach Quigg hopes the holes left by the seniors can be filled by current freshmen bench players [Alissa Lewis](#), [Ariana Luchene](#), [Katie Harper](#) and [Jessica Serrano](#) as well as from current J.V. players juniors [Tiffany Medina](#), sophomore [Candice Bobczyk](#) and freshmen [Caridad Ramos](#) and [Alex Lopez](#).

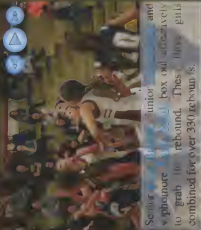


SENIOR CENTER JESSICA PEREZ POINT GUARD

Jessica Perez didn't go half justice. She is the definition of a team player," stated Coach Quigg about senior **Jessica Perez**. However while her statistics "don't do her justice" they still paint a picture of a well-rounded athlete on both sides of the court. Averaging 8.5 points per game shooting 85% from the free throw line and accumulating 72 rebounds, 30 assists and 24 steals over the course of the season, Jessica's persistent pressure under the hoop and all over the court made her the player that Coach Quigg said, "[Coaches] are pointing out to our younger players as the type of player and person they should try to be like."



R E A



Senior **Coach Quigg** and his picture of Fox out aggressively to grab the rebound. These three girls combined for over 330 rebounds.



As senior **Coach Quigg** tries to teach her young ladies the importance of defense, she is the one who is the most aggressive. Their defense paid off as they defeated Knights 51-28.



UP AND COMING UNDER CLASSMAN KAYLA SMITH

With year sophomore **Kate Smith** taking big shots on the court, she is the one who is the most aggressive. Her philosophy of defense is to be a leader. Ultimately Coach Quigg has no doubt Kayla is perfectly ready to lead the Lady Knights to another winning season.



Varsity: For Coach Quigg, the Lady Knights are the future. The team is made up of players who are all underclassmen. The team is made up of players who are all underclassmen. The team is made up of players who are all underclassmen.

REPORT: THE SCHOOL-WIDE LEADER IN SPORTS

Headlines

Freshman Justin Pennington received Most Valuable Player.

Juniors Jaimie Cervantes and Jonathan Ballestas both downloaded the Most Improved.

Junior Ramon Diaz was chosen for Mental Attitude.

Mr. Jason Quigg gives words of wisdom in this edition of Expert's Excerpts.

EXPERT'S EXCERPTS



Name: Jason Quigg
Hometown: Highland, IN
College: St. Joseph
Favorite Team: Chicago Cubs

This is Coach Jason Quigg's twelfth year of being the head coach for the Ingots. When asked why he coaches, he said he loves basketball. It's as simple as that. "Every season is different. The boys are different, the teams different. You never know how things will turn out."

The Battle Boys Basketball Team

The 2010 - 2011 boys basketball season was tough record wise according to Coach Jason Quigg. The team ended with a record of 2-5 in the conference and 3-18 together. This year's varsity team was a change from last year's team. The team was made up of five seniors, four juniors, one sophomore and two freshmen. With this being said, there were a lot of new faces out on the court each game. The two senior captains were Benny Medina and Dylan McPhee. Senior Chase Young, Scott Guel and Joseph Puskac were also a major contributing part to the team this year. Juniors Jaimie Cervantes, Jonathan Ballestas, Ramon Diaz and Terrance Ravner all stepped up and became an important part of the team. Freshmen Justin Pennington, being the only underclassman starting almost every game, really showed his skills and dedication to the team. Freshmen Tyler Thompson and Brandon Laas both showed that they can play varsity basketball. "We had a lot of young guys out on the court getting varsity experience. This is going to help us for next year's team," said assistant coach Jeremy Moore. All the coaches agreed that this year's team worked together and played the best basketball they could.



SENIOR CENTER DYLAN MCPHIE

This year's Senior Spotlight goes to Dylan McPhie. Dylan played basketball all four years of high school. Dylan's biggest strength on the court was his leadership. Also, Dylan also won Mr. Basketball one year which was his most memorable moment of the season. Dylan was a team captain and he really proved his dedication on and off the court.



Junior Varsity—Also pictured: Chance Young, Terrence Hayner, Dylan Ramirez, Jason Gabel, Tyler Thompson, Dexter Niles, Brandon Laas, Omar Flores and Bryan Fleming.

ACTION



Senior Benny Masling looks for someone to pass the ball. Benny was the leading three-point shooter on the team this year.



Junior Jack Certales is dribbling "down" the court to shoot a lay up. The boys played hard this game against South Newton.



Varsity—Also pictured: Dylan McPhie, Jonathan Higgins, Tyler Thompson, Terrence Hayner, Ramon Diaz, Justin Pennington, Scott Guel, Benny Medina, Joseph Pliska, Brandon Laas and Chase Young.

UP AND COMING JUNIOR PENNINGTON



This year's up and coming underclassman for the boy basketball team was sophomore Justin Pennington. Justin has been playing basketball since his freshmen year. One of the most memorable moments from this season for JJ was playing Lake Station. His biggest strength on the court is driving the lane. When asked about the season, JJ said, "It was pretty good even though some people messed around in the wrong times."



RFSN: THE SCHOOL-WIDE LEADER IN SPORTS

Headlines

Senior Judge Yanez received Mental Attitude Award.

Junior Austin Smith received Most Improved Award.

Senior Michael Manning received the Most Valuable Player Award.

Mr. Tim Gault gives words of wisdom in this edition of Expert's Excerpts.

EXPERT'S EXCERPTS



Name: Tim Gault
Hometown: South Bend, IN
College: Indiana University
Favorite Team: Chicago White Sox

Coach Tim Gault did not always plan on becoming a wrestling coach. After the position of wrestling coach opened up, he decided to take the job. Mr. Gault said, "Wrestling is like swimming in a pool. You have to be completely immersed in it if you want to be good."

Hard-Driven Wrestlers

The 2010-2011 wrestling season was an extraordinary occasion for the River Forest High School athletics program. The wrestling team finished with a total of 19 wins this season, gaining an extra 10 wins from last season. Coached by Tim Gault and Brian Wesley, the team broke previous school records and was successful throughout the season. Seniors Richard Pennington and Michael Hough were among the returning wrestlers and there were also many newcomers to the team. First year wrestler and senior Mario Termini, for example, especially surprised Coach Gault with many wins during his first year on the team. Wrestlers that went to regionals include Judge Yanez, Skyler Hansen, Michael Manning and Richard Pennington. Seniors Michael Manning and Richard Pennington further advanced to semi-state at Merrillville High School during the 2010-2011 season. Coach Gault remarked that the favorite thing about River Forest's athletic program was having the support of the administration and the school board.

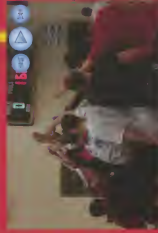


SENIOR CENTER MICHAEL MANNING

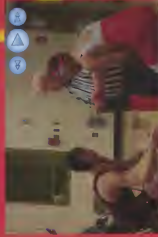
Senior **Michael Manning** was chosen to be featured in this year's senior spotlight for wrestling because of his outstanding performance this season. Manning not only made it out of sectional, but also to regionals and even semi-state. The Ingots finished with a record of 19-7. Manning going undefeated in the season. "Mike was persistent and didn't get discouraged," stated Coach Gault.



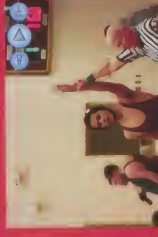
ACTION R E A



The Ingots rally before an intense match. The wrestlers went on to be victorious against the Calumet Warrior.



Senior Michael Hough gets prepared for his match. This was Mike's fourth year wrestling.



Senior **Mike Terrell** wins his wrestling match against Calumet. This was Mike's seventh win this season.



UP AND UNDER LASSMAN AUSTIN SMITH

Junior **Austin Smith** was chosen by Coach Gault as this season's Up and Coming Underclassman. Austin was also awarded with Most Improved player for his hard work and perseverance. "Austin was an outstanding wrestler this season and stayed the course," stated Coach Gault. Austin was also recognized for his hard work and determination.



FOOTBALL

VOLLEYBALL

BASEBALL

WRESTLING

GIRLS TRACK

ALL-STAR

ALL-STAR

ALL-STAR



RESUME: THE SCHOOL-WIDE TRACK AND FIELD MEET

Headlines

This year 2 MVP awards were given to [Katie Harper](#) and [Mary Salinas](#).

The mental Attitude award went to [Candace Bobczyk](#).

Most Improved award went to [Lauren Rothbauer](#).

Learn more about the new track coach!

EXPERT'S EXCERPTS



Name: Miliagro Gonzalez
Hometown: Lake Station, IN
College: Purdue University Calumet
Favorite Team: Chicago Cubs

[Miliagro Gonzalez](#)'s favorite part of coaching is seeing the ladies improve. She was on the track team herself. She participated in the two-mile relay, the mile, the mile relay and the 800 meter run. Her motto is, "100% all the time."

Keeping Track of the Files

This track season started off with an overall loss, but individuals placed in each event. This year the team inserted a new coach to their files to replace [Lauren Knust](#). Coach [Miliagro Gonzalez](#) took on the challenge of coaching track for the first time in any school district. This year's Senior Spotlight was dedicated to senior [Mary Salinas](#) because she was a hard worker, leader, and great with the team. The Up and Coming underclassman spot was given to freshman [Caridad Ramos](#) for her effort. The goal for this year was just to improve as a team and individually. The assistant coach [Molly Krodel](#) was proud of the girl's improvement and was looking forward for next year's new members. Coach Gonzalez believes that both endurance and speed are important in track and that you need both to succeed. She also believes that the two-mile is the most challenging event because you have to be mentally strong to push yourself. A quote Coach Miliagro Gonzalez leaves the team with is this quote: To give anything less than your best to sacrifice the gift.



SENIOR CENTER MARY SALINAS

Mary Salinas has been participating in track for four years. Throughout the four years she has learned to push herself to her full capability. She participated in the 3100 meter relay, the 4 by 4 relay, the mile and the 800 meter relay. Her personal record in the mile is 5 minutes and 52 seconds and her record for the 800 meter was 2 minutes and 37 seconds. What Mary will miss most about track is the team bonding moments.



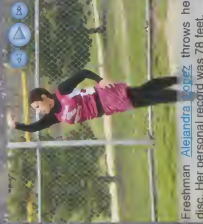
ACTION R E A



Freshman **Jackie Castro** concurs the 100 meter high jump. This was her first year participating in track.



Freshman **Auren Rothbauer** attempts to pass her opponent from Lake Station. She participated in the 3200 meter run.



Freshman **Aleandra Cruz** throws her disc. Her personal record was 78 feet.



Row 1: Mary Norman, Lauren Rodriguez, Sam Aguilar, Candace Ramos, row 2: Naomi Elvira, Kristin Passon, Yesenia Rodriguez, Catalina Miranda, Mary Salinas, Jackie Castro, row 3: Coach Miagro Gonzalez, Alex Lopez, Candace Bobczyk, Deirda Marra, Katie Harper, Jessica Perez, Zabina Martinez, Jessica Serrano and Assistant Coach Molly Krodell.

OUR CHAMPION



Carlyd Ramos joins track simply because she likes to run. She participated in the two-mile relay, the 1600 meter and the 800 meter. Her personal record for the 1600 is 6 minutes and 23 seconds, and her record for the 800 is 2 minutes and 49 seconds. She was motivated by telling herself to do it for the team. When asked what she thinks of her coach, she replied, "She's crazy, but I love her." She will be returning next year and her goal is to beat her mile time.

FOOTBALL VOL

BASEBALL

WRESTLING

BOWLING

BOYS TRACK

ALL

ALL

ALL

ALL

ALL

ALL

ALL

REPORT: THE SCHOOL-WIDE PLAYER IN SPORTS

HEADLINES

This year's Most Valuable Player went to junior Jaime Cervantes.

The Mental Attitude Award was awarded to senior Joseph Puskac.

Most Improved was given to junior Brandon Armour.

Mr. Brian Wesley tells why he loves coaching.



Name: Brian Wesley
Hometown: Highland, IN
College: St. Joseph
Favorite Team: Chicago Cubs

Brian Wesley's favorite part about coaching is watching the kids work hard and the pay off with their success. Coach Wesley was in Track and Field in High School and Saint Joseph's College. He was a thrower for shot and disc. In college not only did he throw shot and disc but also hammer.

Click Run

The goals for this year track team included uploading winning conference again and to have more athletes qualify for regionals this year with the help of head coach Brian Wesley and assistant coach Jason Wolfe. Coach Wesley kept the team motivated by staying positive and persuading his team to stay self motivated in reaching their personal goals. Coach Wesley believed that the two mile was the toughest race in this sport. He also believed that it was important to have both speed and endurance in track, but it depended on what race you run. This year Senior Joseph Puskac was nominated for Senior Spotlight and junior Jaime Cervantes was nominated for Up and Coming Underclassman. At the end of the season, the team had only lost one meet in the regular season and won conference for the second year in a row. Two athletes from the team advanced to regional; juniors Brandon Armour and Jaime Cervantes. Coach Brian Wesley's goal for next year is to continue to improve and get better as a team. "I look forward to next year and hope to get more guys out for track," said Mr. Wesley.



SENIOR CENTER JOSEPH PUSKAC

Joseph Puskac was nominated for Senior Spotlight. He also was second for total points in the 2010 season with 100.25 points. When Puskac graduates he is going into the Marines. His favorite part about track was winning conference and being around his team and his coaches. "Coach Wesley makes the season fun and enjoyable while pushing us to succeed," said Puskac. He chose to participate in track because it is competitive and fun at the same time. His greatest accomplishments was winning conference back to back and making it to regionals for high jump.



ALL-STAR RIVER FOREST



Senior **All-Star** races toward the finish line. He was a foreign exchange student from Kenya.



Senior **High Jump** athlete glides over the hurdles to the finish line. He had participated in track for three years.



Senior **High Jump** athlete clears the bar at conference. His personal record was 6'10".



Senior **High Jump** athlete glides over the hurdles to the finish line. He had participated in track for three years.

Jaime Cervantes was the point leader in 2010 with 157.5 points as a sophomore. He was also the MVP last year and he qualified for regionals. Jamie participates in the 4 by 1, the 400 meter, long jump and high jump. His personal record for high jump is 6'1" 51 seconds for the 400 and 21' 3" for long jump. His greatest accomplishments are making it to regionals in 2010 and winning conference 2 years in a row. His goals for next year are making it to regionals and state and to win the conference title.



Senior **High Jump** athlete glides over the hurdles to the finish line. He had participated in track for three years.

RFCS: THE SCHOOL AND LEADERS IN SPORTS

Headlines

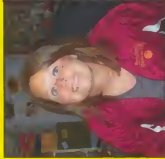
Anna Dema and Katie Buehler both received Most Valuable Player.

Kayla Smith downloaded the Most Improved.

Ashley Bryant was chosen for the mental attitude award.

Mr. Courtney Quigg gives words of wisdom in this edition of Expert's Excerpts.

EXPERT'S EXCERPTS



Name: Courtney Quigg
Hometown: Highland, IN
College: Trinity Christian College
Favorite Team: Chicago Cubs and Bears

Coach Courtney Quigg when asked why she decided to coach softball said softball was her first love. As a coach her favorite part is seeing her players succeed while watching them work hard at something. That's the best.

Softball in Sync

This season the coaching staff stayed the same with three returning coaches: Coach Courtney Quigg, Coach Austen Robinson and Coach Joe Bursleson. The 2011 girls softball team was made up of almost all seniors. The season ended with a record of 7-18. The teams captain Ashley Bryant who was also chosen as the player with the best Mental Attitude was a great leader according to Coach Quigg. Senior Anna Dema pitched almost every game with senior Katie Buehler behind the plate catching every game this season. Seniors Abby Anderson, Hayley Plesyk and Brittany Long all played infield while Ashley Bryant was in the outfield. There were no returning juniors this season and only one sophomore, Kayla Smith, who played short stop. There were four new freshmen on the field: Katie Seeba, Caylyn Bellar, Ariana Luchene and Ashley Ogren. When playing, the freshmen could be found in the outfield. The most memorable part of the season for the team was the two wins over Lake Station. The girls fought hard at the end of the seasons but lost to Bishop Noll in sectionals.



SENIOR CENTER ANNA DEMA

This year's Senior Spotlight for softball goes to **Anna Dema**. Anna had amazing stats this season which is partly due because she plays softball competitively year round. She played twenty one games being the winning pitcher in three seven wins this season. She hit 409 with home runs and her fielding percentage was 96 percent. "She leaves huge shoes to fill," said coach Courtney Quigg.



ACTION REEL



Sophomore **Kyle Kava** is waiting for a grounder. This was **Kava's** first year playing short stop.



Senior **Abby Anderson** is winding up to throw a strike. **Abby** was a four-year letterman.



Senior **Ashley Quigg** is fielding a ground ball in the outfield. **Ashley** was the team's captain this season.



Row 1: **Karla Sebba**, **Amir Dema**, Coach **Joe Burleson**, Coach **Courtney Quigg**, Coach **Austin-Hobbs**, **Brittany Long**, **Katie Buehler**, row 2: **Hayley Plesky**, **Caylyn Bellar**, **Kayla Smith**, **Ashley Bryant**, **Abby Anderson**; row 3: **Arana Luchene** and **Ashley Ogren**.

This year's up and coming underclassmen for softball was freshmen **Ashley Quigg**. **Ashley** was chosen because she plays with a lot of heart. "Even during the tough times of the season it was clear that she wanted to win and she added a spark to our team," said coach Courtney Quigg. As a freshman, **Ashley** played in the outfield and was a good addition to the team.



Headlines

Senior Tyler Hanson is awarded the Most Valuable Player award.

Most Improved award goes to sophomore Brian Avalos.

Junior Dexter Nalls is recognized as having the best mental attitude.

This edition of Expert's Excerpts features head baseball coach Mr. Mark Zimmerle.

EXPERT'S EXCERPTS



Name: Mark Zimmerle
Hometown: Lake Station, IN
High School: River Forest
Favorite Team: Chicago Cubs

For three years and counting, Mr. Mark Zimmerle has been the head coach of the Ingots baseball team, having played through his junior year in high school and having coached Little League as well. Coach Zimmerle decided to coach the Ingots. He said, "I have loved the game of baseball since I was a kid. It is a part of me that I want to share."

Ingots' Baseball Bytes Back

This year, lead by Coach Mark Zimmerle, the Ingots were defined by their abilities on the mound and the base paths. On the mound, freshmen Chris Lauderback and Geno Flores were able to provide the lights-out pitching Zimmerle valued so highly with a combined five wins, 34 strikeouts apiece and earned run averages just over two. The youth was what Zimmerle cites as his teams best attribute. However, Zimmerle felt the team was most lacking in offense, simply stating, "The more runs scored, the better!" When the Ingots did get on base, they were hard to contain. Junior Jason Temple lead the way on base with a perfect 19 steals of 19 attempts. Senior Tyler Hanson was not far behind, only being frozen three times on 26 attempts. As a team, the Ingots were only caught stealing nine times in over one-hundred attempts. Using this speed and their aforementioned pitching dominance, the Ingots were able to "steal" eight of 23 games this season, with half of those wins coming against in-conference opponents. The Ingots look forward to improving their record and developing their young talent in 2012.



SENIOR CENTER TYLER HANSON

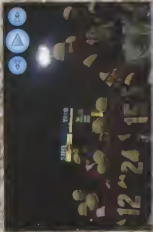
This year **senior Tyler Hanson** was outstanding both at the plate and behind it for the River Forest Ingots. Hitting mostly from the three-hole, Tyler tallied the most hits of anyone on the squad with 27. After getting on base, Hanson hurried onto second base a team-leading 23 times, only getting caught stealing three times. Ultimately, Tyler's dugout contributions outweighed many of his performances. Coach Zimmerle commented on Tyler's mental attitude stating, "Tyler's leadership on the field was the one trait the entire team including the coaches could count on day in and day out... Tyler is a natural born leader." At times the Ingots would find themselves mired in a large deficit or slump, but Tyler's perseverance kept him and his team strong at the heat of the battle.



ACTION



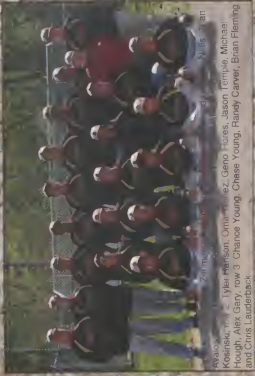
Senior **Michael Hough** slides in safely to second base on a steal attempt. Of the eleven times he attempted a steal, he was only caught once.



The River Forest Ingots celebrate a successful night at the Steel Yard. They held onto a lead against East Chicago with a stunning score of 7-0.



The Ingots celebrate a victory in their final game of the season. The Ingots debugged Covenant Christian in another thriller, beating them by one run.



Back row: Tyler Hanson, Omar Perez, Geno Jones, Jason Tompkins, Michael Kosinski, Mike Hough, Alex Gary, row 3: Chance Young, Chase Young, Randy Carver, Brian Fleming and Chris Lauderback.



This year, when the pressure was high, the Ingots went low; small in stature, but big in high-pressure situations, freshman **Chris Lauderback** earned the Up and Coming Underclassman nod. This year, Chris primarily used a fastball and elusive windup to fool hitters, and next year he looks to also add a big bat to the River Forest lineup. He will also be expected to be the #1 starter for the Ingots. When asked about Chris, Coach Mike Kosinski said, "His presence on the mound is a huge contribution to us. He knows how to command so well."



FOOTBALL	VOLLEYBALL	BASEBALL	SOFTBALL	WRESTLING	BOYS TENNIS	GIRLS TENNIS	ARTS
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REPORT: THE SCHOOL-WIDE LEADER IN SPORTS

Headlines

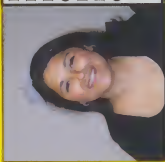
Senior [Jamie Bellar](#) received Mental Attitude Award.

Junior [Jacklynn Rice](#) received Most Improved Award.

Sophomores [Gabriella Gonzalez](#) and [Milagro Miranda](#) received the Most Valuable Player Award.

Mrs. Cynthia Gil gives words of wisdom in this edition of Expert's Excerpts.

EXPERT'S EXCERPTS



Name: Cynthia Gil
Hometown: East Chicago, IN
College: Purdue University
Favorite Team: Chicago Bears

Mrs. [Cynthia Gil](#) coached her second year of girls tennis at River Forest this season. Coach Gil didn't always plan on becoming a tennis coach, but when the opportunity presented itself, her love for tennis quickly made up her mind.

Surfing the Net

The 2010-2011 River Forest girls tennis season got off to a great start, picking up a win on their first match against Calumet. Mrs. [Cynthia Gil](#) coached her second year at River Forest. Coach Gil also had previous experience as a coach at Gavitt and Bishop Noll high schools. The girls tennis team was led by senior captains [Jamie Bellar](#) and [Dianna Haynes](#). This season the team had a spectacular turnout with both new and returning players. Foreign exchange students [Lena Burgemeister](#), [Elif Erdogan](#) and [Afshan Javid](#) successfully competed in the season, winning matches and honing their tennis skills. The team finished the season with a record of 3 wins and 10 losses. Unfortunately, after a great effort from the whole team, the girls were not able to win sectionals this season. In their first round of sectionals against Hammond Clark, the team was victorious with a score of 4-1. The Ingots then lost to the Lake Station Eagles with a score of 2-3. Overall, the team ended on a good note, gaining experience and growing as a team.



SENIOR CENTER DIANNA HAYNES

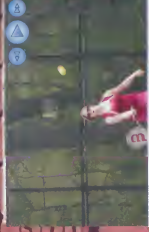
Senior **Diana Hayes** was chosen to be featured in this year's senior center for her excellent performance and attitude. She played as #3 singles this season. Dianna won the most matches on the team this season and even after a rare lose, she maintained a great attitude. Coach Cynthia Gil said, "Dianna worked very hard this season. She was always graceful on the courts."



Junior **Marissa Sotelo** waits to serve the ball. Marissa played doubles this season.



Senior **Jamie Bellar** prepares to hit a volley shot. Jamie was the team captain for this tennis season.



Junior **Rekia Duff** sets up for a forehand against her opponent. **Rekia** went on to win the match.



Row 1: Alexa Clark, Milagro Miranda, Lena Burgenmeister, Elif Erdogan, Rekia Duff, Hailey Gallagher, Tsania Azizah, Coach Cynthia Gil; row 2: Candice Pick, Gabriella Gonzalez, Marisa Sotelo, Jacklynn Rice, Alsthan Javid, Blanca Gonzalez; row 3: Dianna Haynes, Vivian Nunez and Jamie Bellar.



Supreme Coach **Cynthia Gil** was chosen by

Coach Cynthia Gil to be featured as "this season's Up and Coming Under Classman." Coach Gil said, "Willaglo is very dedicated to the sport and wants to be the best she can be." Milagro plans to participate in tennis for the rest of her high school career.



RFSN: THE SCHOOL-WIDE LEADER IN SPORTS

Headlines

Angie Yanez takes place as Cheer Coach.
Auxiliary once again does Pom-Pom Camp.
Take a look at the TWO sophomores with
Up And Coming Underclassman!

See [Melissa Bravo](#) in Senior Spotlight!

Kristen Copland gives words of wisdom
in this edition of Expert's Excerpts.

EXPERT'S EXCERPTS



Name: Kristen Copland
Hometown: Hobart, IN
College: University Of South Florida
Favorite Team: Texas Rangers

"Everybody makes mistakes, but only the ones who learn from them succeed" was Mrs. [Kristen Copland](#) motto, who was a River Forest graduate. Ironically, she was on the auxiliary team in high school also. She says she loved it and coaches because it was one of her favorite things she did in high school.

Bring It On !!!

This year RF welcomed new cheer coach Ms. [Angie Yanez](#) along with veteran Mrs. [Kristen Copland](#), a past Ingot auxiliary member herself, as the coach for five years. Coach Yanez experienced some problems but finally overcame the worst of the worst and came out with a solid team. She started coaching after football, giving little time to show her way of coaching but was very much ready for basketball season to show off her team! Mrs. Copland entered the year with no senior leaders, but the underclassman that were on the team worked hard and a couple underclassman stepped up to substitute that position. Both coaches had the members be included in many activities such as home basketball and football games, assemblies and the pep rallies. The auxiliary did Pom-Pom Camp, a one day program for elementary girls in the school district to perform at a basketball game during halftime. The girls arrived early in the morning to practice the routine with the high school auxiliary team, then later that night they were the main attraction for the entertainment portion of the game. With the new coach for cheerleading and with the lack of senior guidance with the auxiliary team, both groups agree that this was a year that taught them resilience and determination to not shut down.

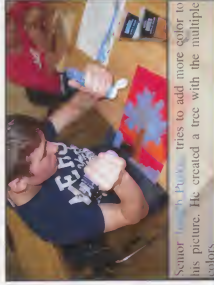




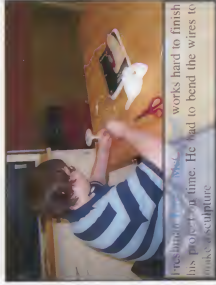
Academics



Mrs. [Gloria Komosa](#) refreshed her course load by downloading AP art to the curriculum. It was her 37th year teaching at River Forest and her first year teaching AP Art. She also taught drawing/painting, ceramics, sculpture, intro 2D art, advance 2D art, intro 3D art and advance 3D art. To prepare to teach AP Art, Mrs. Komosa took several training seminars and sessions. New projects she installed to all her classes were building houses, ceramic planters, acrylic collages and painting boards. This year Mrs. Komosa took her AP and painting students to Brauer Museum at Valparaiso University to see traditional and modern artwork. Senior [Meghan Davis](#) said, "In AP Art, you get to do whatever project you want and that's pretty cool." The art fair was held on May 12 and 13. Some of the winners were sophomore [Patricia Burgos](#) who won first place for her paper-mache, and senior [Serena Zambrana](#) received second for her acrylic painting.



Senior Josh Proctor tries to add more color to his picture. He created a tree with the multiple colors.



Freshman Josh works hard to finish his project on time. He had to bend the wires to make a sculpture.



Senior Meghan Davis paints flowers for AP art. Art is good acrylic paint for one her projects in hopes of securing it into the art fair and her portfolio.



Junior Patricia Burgos works diligently to finish her project. For sculpture, they had to create objects out of paper mache.



Ingot Tube

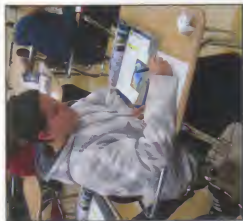
How to write a DBQ?

Search



This year's history hackers included Mr. Kirk Whiting, Mrs. Jessica DeRolf, Mr. Jeremy Moore, Ms. Donna Briggs and Mr. Jeff Bean. Mr. Whiting has been teaching here at River Forest for an impressive thirty-two years. He was the head of the history department and taught two subjects: psychology and U.S. history, both of which can be taken as an AP course for those students who want to challenge themselves and prepare for college. Other students who took standard history courses may have had Mrs. DeRolf for world history or Mr. Moore for U.S. history, government or economics. Mr. Bean came to the high school to teach world history along with current events. Ms. Briggs taught world geography for the second year. Mrs. DeRolf pointed out that she liked teaching at River Forest because she loved the atmosphere and the faculty and staff. When Mr. Bean was asked about his first year teaching at River Forest, he said, "It was a good year. You learn something new each day."

Teacher's Blog



Freshman **Joey Moore** is working on his classwork in Ms. **Donna Briggs's** 7th hour class. All the World Geography classes had to make poster-board presentations for their final grade.



Mr. **Jeremy Moore** has been teaching at River Forest for six years. Last year he taught government, economics and U.S. history. Mr. Moore wanted to become a teacher because it

became apparent to him that he would be able to share what he had learned in his life to help young people make informed decisions about their own lives. In his spare time, Mr. Moore said, "I enjoy just about anything outdoors from going to the beach to attending as many Cubs games as I can emotionally handle (as with other North-side fans, I'm perpetually waiting for 'next year')."



Senior **Dalton Vernon** studies for his U.S. History exam. Dalton said that his hard work and buckling down really paid off by the end of the semester.



Junior **Riekia Duff** and sophomore **Michael Bach** listen to Mr. **Kirk Whiting's** discussion in psychology. They both agreed that psychology was a very challenging but fun subject.



Senior **Serhiy Malychuk** : I like Mr. Moore a lot. He is very funny and makes jokes all the time.



Junior **Jacklynn Hice** : Mr. Moore is very thorough in his teaching. He is a very good educator.



Senior **Skyler Hansen** : Mr. Moore is very intelligent. I've learned a lot this year about the economy.



Sophomore **Tyler Bernard** is working on his notes for world history. He said, "I don't like history, but Mrs. DeHoff makes it interesting."



Ingot

Tube

Bonjour Amigos!

Search

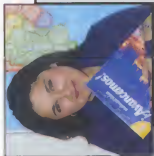


River Forest's fourth year Spanish Teacher [Cynthia Gil](#) covered many things such as cultural traditions and customs. Some projects she assigned this year included a research paper on Spanish-speaking countries. "El Arbor de la Familia" is her personal favorite project to assign. G2G on a field trip! This year Senora Gil took her students to "Christmas Around the World" on a shared file with the French class. The Spanish classes also took a trip to "Flamenco Ballet" in Chicago. The French teacher Mr. [Ricky Baron](#) has been teaching at River Forest for six years. His favorite project to assign to his classes is the Paris Monument Project, because it gives the students a deeper appreciation for Paris. His goal for his students was for the students to enjoy French class and to say "Wow! I understand that!" Mr. Baron's favorite French words are Montreal (French speaking city in Canada), bien sur (yes of course), and d'accord (all right). Senior [Michael Hough](#) said, "Making Mr. Baron blush is what I will miss about French."

Teacher's Blog



The French classes enjoy a four course meal of authentic French cuisine at Café Fondue. The students tried gryere cheese fondue, oil fondue and finished the meal with chocolate fondue.



Inspired by her mother, Cynthia Gil did not decide to activate her profession as a Spanish teacher until college. She chose Spanish because she thinks it is fun and interesting. She has been teaching for 14 years.

Her favorite part about teaching is being able to touch a student's life and change their attitude about their future, helping them understand their own potential. Culture was her favorite thing to teach within each section. Mrs. Gil has also been the boys and girls tennis team coach for two years. Besides teaching and coaching, Mrs. Gil assists at her mother's clothing store in Crown Point called "Chic Boutique".



Sophomore James Lewis: Gil has great lectures and makes the class fun.



Sophomore Gabriella Gonzalez: I appreciate the good advice she gives and the class is different in a good way.



Sophomore Fabiola Martinez: Gil inspires me to go somewhere in life.



The French students gaze at the Slovakian Christmas Tree at the Museum of Science and Industry's "Christmas Trees Around the World". At first they believed this was the French tree, but they soon found out it was not!



Junior Haley Morris and sophomore Emily Long roast their marshmallows for smores at Café Fondue. The upper French classes not only dipped marshmallows in chocolate but also bananas, strawberries and pound cake.



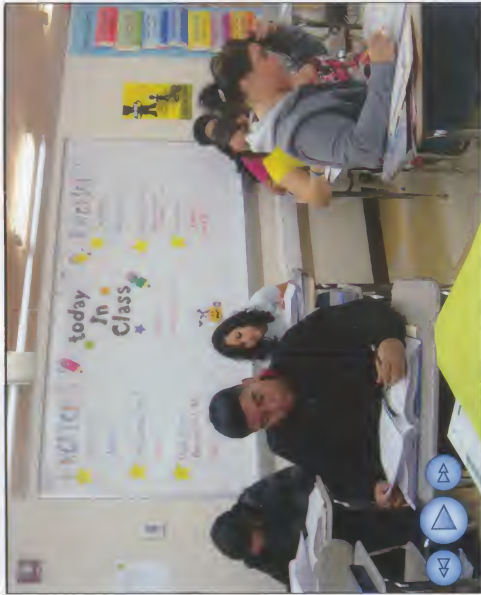
Celebrating El Día de Los Reyes, the students brought in chorizo. Juniors Terence Rayner, Paris Mage and Junior Cervantes were in their third year of Spanish.



Ingot Tube

How to write a Haiku...

Search



Inputting the BASIC form of the language, the English department worked together this year taking on various classes each. Mrs. Sandra Mihalik returned for her 34th, year teaching English to River Forest Ingot students. She was the head of the Language Arts Department. She taught AP English and British Literature for seniors, who took their annual field trip to watch Shakespeare's *Macbeth* in Chicago along with the English 11 honors class and Freshmen Honors. River Forest had many other English staff members including Mrs. Patty Sparks who taught English 10 and 7th graders, Mrs. Tara Kingston who taught English 11, Newspaper class and Speech. Mrs. Danielle Stobie taught 9th and 7th grade English and Mrs. Rebecca Mackowicz, who had a baby girl in the October, taught English 11, English as a second language (ESL) and English Arts Lab. Ms. Molly Krodell was the ESS English teacher. She has taught nine years at River Forest. "Even after nine years, I am still surprised how each class and day is never the same," said Ms. Krodell.

Teacher's Blog

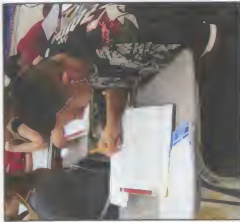


Senior **Katie Buchler** works on her Unit 5 vocabulary. All English teachers have been using vocabulary packets to help students apply the words in their everyday dialogue.

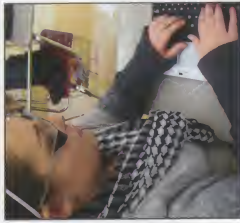


Mrs. **Lara Kingston** was the English 11, Newspaper and Speech teacher. She has been teaching at River Forest High School for 2 years. Although it is true that she's new to the Ingot Informer, she's not new to the newspaper business.

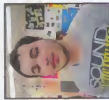
Before she came to River Forest, she was a journalist, free lance writer and an editor for the Post-Tribune. Mrs. Kingston became a teacher because she wanted students to love reading as much as she does. Her goal was to teach students how to develop their abilities to think, reason and analyze. How can you come prepared for her class? Simply bring an open mind and ask a lot of questions. Kingston believes that in order to fully understand English, you must know other subjects such as history, science and math.



Junior **RJ Mantolukas** jots down a few sentences concerning the Salem Witch Trials. During this time, Mrs. **Lara Kingston's** English 11 class read Arthur Miller's play *The Crucible*.



In Newspaper class, sophomore **Halley Gallagher** works on her page. Her deadline was due that day.



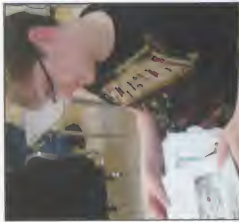
Junior **Robert Soto**: I have Mrs. Kingston for Speech and she has boosted my confidence times 10!!!!



Sophomore **Dawn Aguilar**: I Love Her Soooo Much <3. She's not only an amazing teacher, she's a good listener too!



Senior **Alex Avala**: Mrs. Kingston a.k.a Chief, is the best newspaper adviser ever!!...]



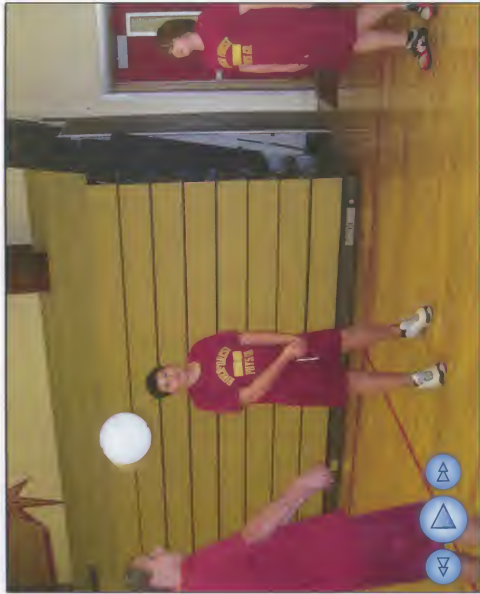
During Mrs. **Molly Krosdel's** third hour English class, sophomore **Isaiah Host** reads *The Diary Of Anne Frank* along with the class. The class spent a couple of weeks reading then ended with a test.



Ingot Tube

How can I be healthier?

Search



The physical education and health department continued to run at optimal performance. Mr. [Austen Robison](#) rebooted for his second year at River Forest as Mr. [Brian Wesley](#) started his fourth year. Each teacher helped their students run system checks by individual exercise, sports training and the Presidential Fitness Test. Ms. [Donna Briggs](#) also challenged her classes with various exercises and routines this year, such as warm-ups, fitness tests and a dance unit. The teachers also taught health in both the junior high and high school. The health classes downloaded new information about the importance of proper nutrition, exercise, healthy decision making and avoiding harmful substances. The goal of the physical education/ health department was to increase students' physical fitness and encourage students to be more active. Mr. Wesley stated that in order to be healthier, students need to try to get 60 minutes of physical activity a day. The teachers also warned about staying away from junk food and fast food.

Teacher's Blog



P.E students run laps in the gym to build endurance. These students run laps every day to prepare themselves for one of the hardest tests in P.E class: running one mile on the high school track.

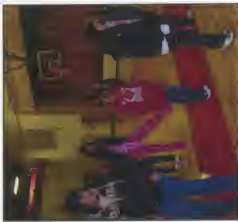


Mr. Brian Wesley attended high school at Lake Central and went on to graduate college from Saint Joseph in Rensselaer. Wesley was also involved in sports

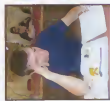
there. He originally wanted to become a math teacher, but later decided to become a physical education/health teacher because he enjoys working with kids and coaching sports. His goal as a physical education/health teacher was to install the importance of lifetime physical fitness into all of his students.



Mr. Brian Wesley's fourth hour Physical Education class does push-ups as part of a warm-up routine before the start of class. The students also did stretches to help avoid hurting themselves during the hour's physical activities.



Ms. Donna Briggs instructs students in her 5th hour P.E. class how to country line dance. The students had to learn to perform this dance as a part of their curriculum.



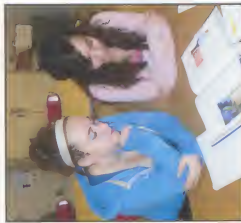
Sophomore Tyler Bernard: My favorite thing about Health class is our great teacher Mr. Wesley!



Freshman Candice Pick: We do many different activities in gym class..I enjoy the challenge that the class provides.



Freshman Lauren Rothbauer: I like the dancing we do in class. We are always doing something different.



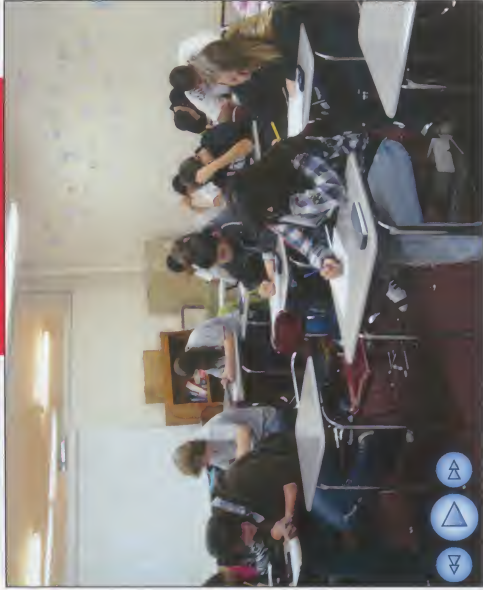
Sophomore Jessica Perez and senior Crystal Onells are studying for an exam in their 6th hour health class. The students learned much about health and the body during this course, such as good decision making and healthy lifestyle choices.

Ingot

Tube

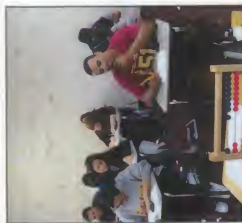
Finding A Linear Equation

Search

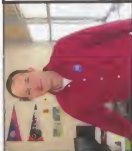


Surfing into this year with one new teacher, Miss [Jessica Sutton](#) taught Algebra 1, Pre-Calculus/Trigonometry and AP Calculus. Mr. [Jack Burton](#) was the Geometry and Algebra 2 teacher, Science Department Head Mr. [Chuck Cullison's](#) Physics class was taught utilizing a computer program. Mr. [Anthony Duron](#) taught practical mathematics and Mr. [Roy Summerville](#) taught Mathematics lab and Algebra 1. "Bob [Trammel](#) has been a great help and have made a HUGE influence on raising QOE scores," said Mr. Duron. Mr. [Michael Slys](#) was the Chemistry and AP Chemistry guy who planned to pass his knowledge onto as many students as possible. Mr. [Slys](#) made his classes fun by doing many labs, where he demonstrated ways to mix formulas in order to make a purple smoke bomb. Ms. [Kristina Rakston](#) taught Earth/Space Science and Biology 1, along with Ms. [LuAnn Forste](#). As a reward, Ms. Forste took all students that passed the End Of Course Assessment (ECA) in 2010 on a field trip to the Lincoln Park Zoo.

Teacher's Blog



Mr. Roy Summerville's Algebra class takes their quizzes over their last lesson. They finished studying the quadratic equations.



Mr. Jack Burton has been a River Forest staff member for 19 years. His main goal as a teacher was to teach students how to be responsible problem solvers in life, not just in his classes.

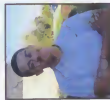
As far as teaching high school, this was his only job as a mathematics teacher. Although he has never taught at any other high school, he knows he had made the right choice to stay here with the Ingots. He comes to work each day loving what he does and who he's around. Also he loves the outdoors. "It doesn't matter which way the wind blows, when I retire I'm sure my occupation will take me somewhere outside in the fresh air," said Mr. Burton.



Junior Pans Moore does her class work for Mr. Jack Burton's Algebra 2 honors class. After being reminded on how to graph linear equations, she applied it to her work.



Senior Chelsea Monti is in Mr. Chuck Cullison's Physics class. This was the second year Physics was offered online with Mr. Cullison using the A+ program and Classroom Physics as the main source for the class.



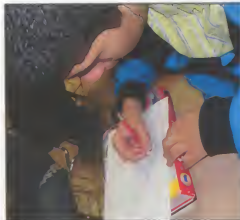
Junior Michael Maldonado: I love that guy!!! Math is challenging but with Burton as my teacher everything is a breeze. He's one rare and funny guy.



Sophomore Milagro Miranda: Haha Michael's right... :) This year is going to be so much fun with Burton!



Senior Brandon Baughman: I'm definitely going to miss Mr. Burton next year =)



Sophomore Ryan Foucaux works on his open-book test in Mr. Michael Sly's third hour Chemistry I class. Although this was an open-book test, it was one of the biggest tests of the year and took a week to go over all the material.



Ingot Tube

Ingot music

Search



With a new year up and running, last year's choir and band teachers return with bigger and better ideas to woo the crowd. Choir teacher Mrs. [Lauren Knust](#) and band director Mr. [Darren Day](#) came back ready and fierce with new music and tactics to make things more exciting. This year, R.F. welcomed back the Multicultural Fair, and of course the band and choir performed at the fair and assembly. Both teachers were complimented about their performances, and some even said it was the best they've seen. The band performed at ISSMA in the fall and in the spring. In the fall, seniors [Kelvin Jaine](#) and [Brett Welch](#) received gold and went down to State. Kelvin won gold and Brett won silver. In April, the band went to perform for judges for ISSMA, but this time as a whole band and won gold for all three songs which included a sight-reading! Every year Mrs. Knust takes her students on field trips and participate in singing competitions at the state level; solo and in groups. This year, the students had fun singing in groups and solos. Over all, the two teachers said this was the most fun yet challenging year yet!!!!

Teacher's Blog



Sophomores Ryan Fontanez and Johnny Flores show off their musical talents with the choir. Ryan and Johnny are well known for their voices and have sung the national anthem at a couple home wrestling meets!



Mr. Darren Day is a very proud band teacher here at River Forest. This is his 4th year as the band teacher-director. Mr. Day enjoys his students because they are always motivated to learn new things. As of

last year, Mr. Day brought back the Disney World tradition where every other year he takes the band and auxiliary to Disney's *Magic Music Days* to march with other bands from all over the country. A memorable moment for Mr. Day this year was summer practices, the Fourth of July practices and halftime shows while treating a broken foot. However, he did not miss one beat, making the best out of the situation.



Mrs. Lauren Kniss is getting the music ready for senior solos as her choir enters the gymnasium. All seniors in the choir had the chance to perform a solo at the last choir concert of the year.



Sophomore Tommy Deming plays an impromptu solo before jazz band practice begins in the band room with his valve trombone. Tommy has been in jazz band for two years and also plays the baritone.



Senior Kelvin Jamie. Man, the years went by so quick. :(I'm going to miss Mr. Day's class!!!



Sophomore Shadabo Burgess. Hey! Remember when Mr. Day broke his leg and STILL did the 4th of July parade on a four wheeler? LOL :D



Freshman Rachel Sosa. This year was so fun and we did so many fun songs we ALL knew! I can't wait for next year & see what lies ahead.



The River Forest High School Band performs at one of the home football games. The band had a fun time riling up the crowd with the music they performed.



Ingot Tube

Downloading Career Skills...
100% Complete

Search



Mrs. Patty Mastiej embarked on her sophomore campaign in the Smart Lab this year. She received a brand new set of students with clear hard drives, ready to have technological know-how installed into them. Noticeably different from the Smart Lab course's led by a newer teacher, Mr. Paul Murray's 27 years of teaching experience helped lead the hands-on, blue-collar course of Industrial Arts, also known as "Woodshop". In Mr. Murray's courses, students are expected to complete various projects. Many of the skills they acquire are highly applicable in the real world, whether it be the skill of woodworking or personal initiative. Unlike many classes, this course allows the freedom of the industrial artisan to choose what they would like to create, assuming it is within the realm of possibility. He understands that the free-will aspect of his class is one of the more attractive ones, allowing volition because his students "are among an elite here at River Forest since there is at present a limited enrollment and very few students are allowed to take the course."

Teacher's Blog



Senior Susan Siebel is diligently working on composing a remix of multiple songs. She and other students used the "Garage Band" work station to its fullest potential on many occasions this year.



Mrs. Patty Mastel began her education at Hammond Clark Senior High School, moving onward to attain her Bachelors Degree in Computer Science at Purdue Calumet. She then went to St. Xavier

for her MBA and then attended Calumet College to transition to teaching. She chose to go into teaching after she enjoyed her time as a substitute for elementary children. She states that she loves seeing the faces of her students when a concept "clicks" in their head. This phenomenon happens often, since her students are consistently attentive when in her class. One student stated, "I enjoy her fun style of teaching."



Freshman Madayna Malik is working on creating a complex drawbridge using Legos. The purpose of this assignment was to demonstrate how to effectively follow intricate listed instructions for complex creations.



Senior Dale Burge calculates how he is going to make the wood pieces he has created fit together to create a mobile laptop table "to prevent burns". Unfortunately, a miscalculation caused him to scrap his plans for the promising piece.



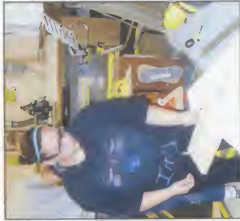
Sophomore Roxanne Atalan. I think this class is really interesting and fun... I really like the class!



Sophomore Kayla Small. My fav part about this class is Mrs. Mastel! She allows freedom!!!! =D



Senior Mashawn Davis. The class is like totally fun and I <3 the teacher Mrs. Mastel!!!



Junior Iris Ohio feeds wood into the planer, a machine that is used to transform a board's surface into a smoother and thinner face. Her goal was to create a shelf that could be used to hold various items.



Ingot Tube

Tips On Living A Good Life

Search



This year's Lifeskills class downloaded a new teacher, Ms. Betty Ring. "She was an awesome help and great new face here at River Forest," stated Ms. Michelle Kutemeier. The Lifeskills classes did a lot of work and activities this year including going on field trips. One that was most memorable was their trip to Fair Oaks Farm. The students learned about cows, their nutrition and how when kept healthy, the cows produce good milk, which can be used to make cheese, yogurt and other dairy products. Ms. Kutemeier has been teaching lifeskills for five years. "I love doing the cooking projects with my students because it's interesting for them and I like to see the pride in their eyes when the dish is done correctly," she said. The students had the chance to work at River Forest Community School Corporation's elementary schools. They also volunteer at the Hobart library where they put books away. Ms. Ring and Ms. Kutemeier both agreed that it was important to the students because they loved helping and it gave them social time along with real world experiences.

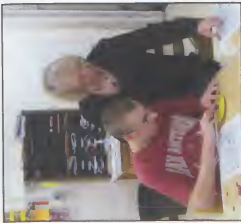
Teacher's Blog



Sophomore Kelly McGowan works on her time tables. She worked on time tables throughout the year. This was one of the more challenging exercises according to Kelly.



Ms. Betty Ring was a new edition to the River Forest staff. Everyone made her feel very welcomed and made it easy for her to adjust from teaching at Calumet last year. She loves doing arts and crafts with her classes. She also likes doing recipes because they are fun and she had the chance to watch her students read and follow directions. Something most people don't know about her is that she loves to play Scrabble. "This school year was great overall!" said Ms. Ring.



Ms. Betty Ring is helping senior Jacob Swartz with his class work. "She helped the whole class and was a perfect fit at River Forest," said Ms. M. Spivey-Kalengwa.



Sophomore Jeffrey Huslett is helping out at Buckley farms. Their favorite part of the trip was seeing all the farm animals.



Senior April Evanauskas : Mrs. Ring is the most wonderful teacher I've ever had. I like her very much.



Junior Missy Loeff. Mrs. Ring is a very nice teacher and I like her a lot.



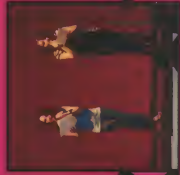
Senior Jacob Swartz. Mrs. Ring is nice and helps me do my work.



Senior Edwin Burgess and freshmen Jason Raeburn work together to get their work done. The Lifeskills class did group work everyday.



Student Life





3rd Row:	Beñ Hagdon, Saw- Bey Bian Brees-	Mar- Cov- Dug- Guil- Fanto-
Row:	Desi Swartz Pek- Hamer Gosh- Ricky Miss- Nyo- And	Swartz Clark, Sin Ann Mason Mile- Bun- Sanchez Hayley Barda

[illegible]

3rd Row: Brian Breese, Mr. Ricky Baron, Brandon DeThager; **2nd Row:** Alex Clark, Sady Gault, Diana Haynes, Tiffany Hether, NYC de Jone; **1st Row:** Haley Piesyk, Brien Abalos and Katie Sade.





INGOT! clubs



Jazz Band

2nd Row: Cardia Rios, Heather Spurgan, Justine Swisher, Kelley Loucks, Francine Denno, Tylor Davis, Edward Baker, Paige Brinkman, Santhya Burgess, Travis Delph, **1st Row:** Greg Zelnor, Ben Weir, Travis Rennie, Carlos McCallin, Rachel Sosa, Chadlee Pisk, Mark Espinosa and Mr. Darrell Day



National Honor Society

2nd Row: Heather Davis, Justine Swisher, Kelley Loucks, Francine Denno, Tylor Davis, Edward Baker, Paige Brinkman, Santhya Burgess, Travis Delph, **1st Row:** Greg Zelnor, Ben Weir, Travis Rennie, Carlos McCallin, Rachel Sosa, Chadlee Pisk, Mark Espinosa and Mr. Darrell Day

Student Council

2nd Row: Mr. Jim Wright, Nathan Petr, Brandon Dodson, Michael Hough, Chris Ables, **2nd Row:** Tyler Hanson, Britney Long, Dianella Haynes, Desiree Swartz, Briscida Aviles, **1st Row:** Alexa Clark, Britney Datsun and Hailey Morris



Spell Bowl

2nd Row: Mr. Jim Wright, Nathan Petr, Brandon Dodson, Michael Hough, Chris Ables, **2nd Row:** Tyler Hanson, Britney Long, Dianella Haynes, Desiree Swartz, Briscida Aviles, **1st Row:** Alexa Clark, Britney Datsun and Hailey Morris





Foreign Exchange Students United

Click on a person to find out
where they came from!



Alina



Iqbal



Nio



Doreen



Ansel



Lynn



Lauren



Alina



Ansel



Thalia



Nio



Doreen



Lauren



Kristina



Ali



Nio



Ansel



Ali



River Forest had the opportunity to welcome about 20 foreign exchange students this school year. This is the most foreign exchange students RF has had in recent years. The school was lucky to have such diverse students. They learn about American society from their host families. The foreign exchange have been on so many trips throughout the year. For their end of the year trip, they went to Wisconsin Dells. The exchange students had a life changing experience at the end of their year in America," said Mrs. Gaffner, who coordinates the exchange program. "Most of the foreign exchange students will miss America and everyone in it. Overall they had a wonderful time going on trips, hanging out with friends, meeting new people, trying different foods and learning about American culture. Most of the students said the homcoming weeks were their favorite school activity."



Home

Students

Trips

Go back

Go forward

Omg Homecoming

The 2010 fall homecoming week started on Monday, September 13. Some students showed their Ingor Spirit by dressing up everyday. On Tuesday night, students stayed after school to decorate the hallways. Freshmen had a jungle theme, sophomores had a Halloween theme, juniors had the candy theme and the seniors chose Toy Story as their theme. After they were done, the hallways were judged for spirit points that same night. Girls in each class participated in the powderpuff football game, while the boys took on the cheerleaders' role Wednesday night. Everyone did their best, but in the championship game, the seniors beat the freshmen in the final battle. At the pep rally the students played *Minute To Win It* to earn spirit points for their class. Following tradition, each class participated in the battle cry, where the sophomores came out on top. After all the competitions, having the most spirit points with the total of 290, the seniors achieved victory. Unfortunately the football game did not live up to the expectations of the fans. The Ingors lost 0-35 to the North Newton Spartans. At halftime, senior [Jessica Perez](#) was crowned homecoming queen and senior [Richard Pennington](#) was voted Mr. Football.



2010 Homecoming Days



Gender Bender Day



Tacky Tuesday



Richard Pennington
2010 Mr. Football



Jessica Perez
2010 Homecoming
Queen



During the powderpuff football game, the boys cheered on the girls who took their place on the field. In the final game freshmen verses seniors, the seniors won.



Senior Ben rams Junior Lexy. After Lexy fumbled the ball, Cassy snatched the ball and ran.



Mr. Baron seeks his revenge on senior Jesus. In the end Jesus got a pie in the eye and Mr. Baron was thrilled.



Freshmen Cameron and Mark help decorate the hallway. They got second place for their jungle themed hallway.



Junior Ben tries her best to get the ping pong balls in the cup with the help of her partner Ben. Even though they tried there hardest they weren't victorious.



To start the pop rally, the band snaked through the hallway playing the school song. They also played "Go Big Red".



Theme Day



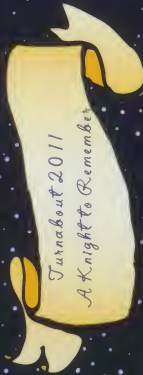
80s Day



Cardinal and Gold Day



Trigot-o-pedia



search

High School Dances

Turnabout this year was held at the end of February and it gave the girls a chance to ask a guy to be their date to the dance. The senior class sponsored and decorated for the dance as well as picked the theme. The theme this year was *A Knight to Remember*. The gym was complete with a castle, balloon arc and horses. Although the temperature outside was low, everyone showed up dressed nice and had a great time. Before the dance, groups of friends came together to take pictures and went out for a nice dinner. At seven o'clock, students started to arrive and it was not long before the dance floor was full. There were also chocolate fountains complete with pretzels, Rice krispie treats, pound cake and bananas. There was also a punch bar where the students could get re-energized after dancing. The deejay played several different types of music and there was never a dull moment. Couples tickets were \$35 and a single ticket was \$18. The dance ended at eleven and afterwards friends went to see a movie or hang out with other friends to relax after their great night.



Prom 2011
The Time of Your Life

This year's 2011 prom was themed *The Time of Your Life* and it was truly a great time and a great memory for the senior class. Senior Jamie Bellar said, "The junior class did a great job planning this event and everyone seemed to have a good time." The dance floor started to fill as soon as dinner was over and there was hardly anyone still in their seats. There was a variety of popular music played leading everyone to dance and have a great time. During the night, the couples and friends were able to get their pictures taken in front of the "city buildings" which was the backdrop for the pictures. Everyone was also given a CD holder to keep the memory of Prom forever. After the long night, couples and friends got together to go out to eat, see a movie or just hang out. As a tradition, couples and friends also spent the day after Prom doing various fun activities. This year's prom truly turned out to be *The time of our lives!*





LOL Homecoming

This year's winter homecoming began on January 31. Many students showed their school spirit by participating in the dress up days throughout the week. Although the week was interrupted by the snow storm of 2011, the students showed up on Friday, extra spirited, dressed in their red and gold outfits. The pep rally was Friday afternoon where the students showed up ready to earn more spirit points. The auxiliary team performed along with the introductions of all the winter sport teams. Then came the announcement of this year's spirit court. The spirit court consisted of seniors Abby Anderson, Marius Pielb, Veronica Collazo, Jesus Soria, Mary Salinas, Tyler Hanson, Katie Buchler and Dylan McPhee. Even though the boys basketball team fell short to the South Central Sanelines, the game was exciting and full of plenty of school spirit! During halftime, Mr. and Miss Basketball was awarded to Dylan McPhee, Katie Buchler and Mary Salinas. Then Tyler Hanson and Veronica Collazo took the crowns of Mr. and Miss Ingot Spirit, designating them as the most spirited seniors according to a vote by the entire student body.



Mr. and Miss Basketball 2011
Katie Buchler and Mary Salinas
Dylan McPhee



2011 Mr. and Miss Ingot Spirit
Tyler Hanson and Veronica Collazo



The auxiliary team performed to Michael Jackson's "Beat It" during the pep rally. The team pumped up the crowd for the big game.



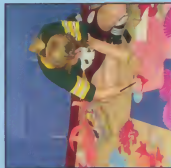
Seniors Adam, Paul, Brandon, Jason, Justin, Tyler, Brandon, Chris, Yuri, and Dylan danced during the pep rally game. The seniors were victorious!



Freshman Leanne hangs up the freshman banner in their hall. The freshmen created their banner during hall decorations.



Seniors Haley, Wiley, and Justin worked together during the hall decorations. Seniors won first place for spirit was overall.



Freshman Alison worked hard cutting out on their and finish. Their team was the winner. Sink the Stalites!



The varsity team takes a time out during the homecoming game. Coach John Quill gave some quick advice before the team continued the game.



Snowpocalypses 1!



Snowpocalypses 2!



Catch a Cold Day



Multicultural Fair



FRENCH CLUB



FOR LEAGN EXCHANGE



NEWSPAPER



OTAKU PARADISE



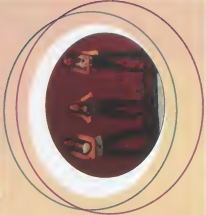
ARTS LEAGUE



AWARENESS



YEARBOOK



Every two years, River Forest High has been technologically programmed to host the Multicultural Fair. Its programmers consisted of Mr. Ricky Baroz, Mrs. Cynthia Gil, Mrs. Lauren Knust, Mrs. Gale Robertson, Mrs. Angie Martinez, Mrs. Chris Gaffner and Mr. Darren Day. During the week of March 20-25, the students put on presentations, sang songs and performed dance routines. During this week, all students at River Forest were exposed to many different types of cultures, most of which came from presentations by the foreign exchange students. Mrs. Gaffner, who is an advocate for the foreign exchange program, had her students extra busy that week to ensure that their peers got the full effect of what: Multicultural Week really was. The night of the fair, the choir and band performed many pieces, as well as dancing from Marisa Sotelo, Alejandra Lopez, Tiffany Meding, Caridad Ramos, and Jesaica Serrano. Food stands were also set up by Spanish and French Clubs, the baseball team, Otak Paradise, the yearbook class, and the media center. Overall the 2011 Multicultural Fair was said to be a great success with 4,872 tickets sold Friday night.)





drama.bucket

River Forest Drama

Search

Award Winning Performances!

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"Randomness Rocks"

&

"Crumpled Classics"

Drama Spotlight

The 2010- 2011 drama department downloaded two productions. In the fall, the drama club performed "Randomness Rocks." The choir teacher, Mrs. Lauren Knust, was the director of this production. "Randomness Rocks" consisted of a plethora of rock songs from several Broadway musicals. Some of the songs the cast sang included, "I Wanna Rock", "Good Morning Baltimore" and "Rock of Ages". The spring musical was called "Crumpled Classics", directed by Ms. LuAnn Forste. The actors played actual students who produced and performed various literary classics, including "Romeo and Juliet" and "Sherlock Holmes" as well as many others. Both productions had outstanding turnouts and received good reviews.



Mrs. Knust was chosen for this spotlight for his 100% commitment to each role he has taken on.

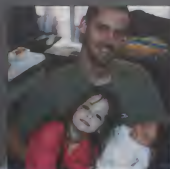


Ms. Forste's great energy on the stage was the reason she received this award.





THE SENIORS HAVE LOGGED OUT AND ARE STARTING UP A BRIGHT FUTURE. THEY HAVE CLOSED WINDOWS AND ARE READY TO OPEN NEW PROGRAMS. JUNIORS HAVE FINALLY SIGNED ONTO SITES THAT WILL PREPARE THEM FOR THEIR LAST YEAR AND HAVE MOVED ON TO THE NEXT LEVEL. SOPHOMORES GET READY FOR WHAT LIES AHEAD IN HIGH SCHOOL AND CANNOT WAIT TO UPDATE THEIR STATUSES AS JUNIORS. THE FRESHMEN, WELL THEY ARE JUST GLAD TO SHIFT HIGHER UP AND MOVE CLOSER TO SENIORITY. THEY CONTROLLED THEIR PERFORMANCES, ALTERED GRADES AND DELETED THE BAD NAME OF FRESH-MEAT. OVERALL, EVERYONE IS NOW ON A DIFFERENT PAGE AND READY TO ENTER A NEW YEAR OF HIGH SCHOOL. OMG! THIS YEAR WENT BY FAST IN HIGH SPEED, BUT THIS YEAR WILL BE SAVED AS "HIGH SCHOOL MEMORIES". C-U AGAIN
NXT YEEAAAARR!! :D 111010111111010101010101



You've been a blessing to this family since the day you were born. You're so beautiful, inside and out. You're pretty, humble, honest, caring, true to yourself and more loved than you'll ever know. You always find a way to be strong, even at your weakest moments. You've been the only girl and always making it to the top. You are the total package: a daughter, a sister, a granddaughter and a friend. We couldn't imagine life without you and can't wait to see what you do (and eat) next. You're an amazing young woman with so much potential and so much ahead of you for the future. Set your goals high, never give up and always believe in yourself as much as your family does. Always know you have a strong family that will forever stand beside you, behind you and always has your back. We love you higher than the snow!

XOXO Dad, Mom, Sister Abbey, Grandma & Grandpa Couture.



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SE HABLA ESPAÑOL

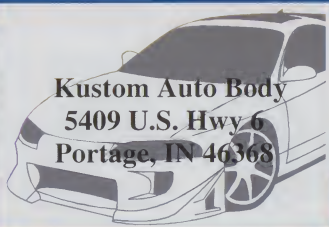
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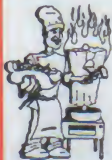
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the 1990s, the number of people with a diagnosis of schizophrenia has increased in the United Kingdom (Meltzer 1996). The prevalence of schizophrenia in the United Kingdom is estimated to be 1.2% (Meltzer 1996).

There is a growing awareness of the need to improve the lives of people with mental health problems. The United Kingdom has a number of government departments responsible for mental health care, including the Department of Health, the Department of Social Security, the Home Office, and the Department of Education. The Department of Health is responsible for the provision of mental health services, and the Department of Social Security is responsible for the provision of social security benefits. The Home Office is responsible for the provision of accommodation for people with mental health problems, and the Department of Education is responsible for the provision of education for people with mental health problems.

The Department of Health has a number of initiatives aimed at improving the lives of people with mental health problems. These include the Mental Health Act 1983, the Mental Health Act 1994, and the Mental Health Act 1996. The Mental Health Act 1983 was the first of these, and it was followed by the Mental Health Act 1994 and the Mental Health Act 1996.

The Mental Health Act 1983 was the first of these, and it was followed by the Mental Health Act 1994 and the Mental Health Act 1996. The Mental Health Act 1983 was the first of these, and it was followed by the Mental Health Act 1994 and the Mental Health Act 1996.

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Table 1. Mean (SD) age, height, weight, and body mass index (BMI) of the 100 children in the study

Measure	Mean (SD)
Age (years)	10.2 (0.5)
Height (cm)	145.2 (10.1)
Weight (kg)	38.5 (10.2)
BMI (kg m ⁻²)	18.6 (3.2)

children were asked to perform a series of 10 trials of the task. The first trial was a practice trial and the remaining 9 trials were recorded. The mean of the last 9 trials was used for analysis. The children were then asked to perform the task again, this time with the target placed at the 100 cm distance. The mean of the last 9 trials was used for analysis.

After the children had completed the 100 cm task, they were asked to perform the 150 cm task. The children were asked to perform the task again, this time with the target placed at the 150 cm distance. The mean of the last 9 trials was used for analysis.

After the children had completed the 150 cm task, they were asked to perform the 200 cm task. The children were asked to perform the task again, this time with the target placed at the 200 cm distance. The mean of the last 9 trials was used for analysis.

After the children had completed the 200 cm task, they were asked to perform the 250 cm task. The children were asked to perform the task again, this time with the target placed at the 250 cm distance. The mean of the last 9 trials was used for analysis.

After the children had completed the 250 cm task, they were asked to perform the 300 cm task. The children were asked to perform the task again, this time with the target placed at the 300 cm distance. The mean of the last 9 trials was used for analysis.

After the children had completed the 300 cm task, they were asked to perform the 350 cm task. The children were asked to perform the task again, this time with the target placed at the 350 cm distance. The mean of the last 9 trials was used for analysis.

After the children had completed the 350 cm task, they were asked to perform the 400 cm task. The children were asked to perform the task again, this time with the target placed at the 400 cm distance. The mean of the last 9 trials was used for analysis.

After the children had completed the 400 cm task, they were asked to perform the 450 cm task. The children were asked to perform the task again, this time with the target placed at the 450 cm distance. The mean of the last 9 trials was used for analysis.

After the children had completed the 450 cm task, they were asked to perform the 500 cm task. The children were asked to perform the task again, this time with the target placed at the 500 cm distance. The mean of the last 9 trials was used for analysis.

After the children had completed the 500 cm task, they were asked to perform the 550 cm task. The children were asked to perform the task again, this time with the target placed at the 550 cm distance. The mean of the last 9 trials was used for analysis.

After the children had completed the 550 cm task, they were asked to perform the 600 cm task. The children were asked to perform the task again, this time with the target placed at the 600 cm distance. The mean of the last 9 trials was used for analysis.



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12

